

New Directions Employee Assistance Program

**When life's a little much, reach out and
get in touch**

When your responsibilities start to feel overwhelming and showing up each day with a smile on your face seems difficult, it's important to reach out for help. You can lean on your free and confidential Employee Assistance Program (EAP) for support.



New Directions EAP



ndbh.com



800-624-5544

Company login code: PROVO