

## Welcome to your **EMPLOYEE ASSISTANCE PROGRAM (EAP)**

We're here to coach and guide you through the challenges in your life.

**Call your EAP—we can help!**

Your company's complimentary EAP program is available 24/7 and covers employees, spouses, domestic partners, and children up to age 26. The EAP is here to help when you're facing issues that interfere with your health, well-being, and productivity at home or at work.

The EAP offers up to 5 sessions face-to-face or telehealth (no co-pay, deductible, or premium) with a qualified clinical expert who can assess your concerns and develop a plan of action. 30-minute legal and financial expert consultations and 60-minute ID theft resolutions are available at no cost. EAP consultants can also provide you with childcare and eldercare information and resources for anywhere in the country. A Additionally, the Home Ownership program is a valuable tool to gain a competitive edge as a buyer, and can save you thousands when buying or selling a home.



### Our services include support for:

- Anxiety and depression
- Couples/relationship/parenting
- Crisis support
- Alcohol/drug problems
- Grief and loss
- Work conflict
- Compulsive behaviors
- Domestic violence issues
- Legal and financial
- Childcare and eldercare
- Home ownership
- ID theft
- BenefitHub
- Healthy living tips

### Online tools & resources

Login at:  
[www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com)  
Username: **nwfa**

Mobile-friendly searchable database of resources, healthy tips and recipes, parenting advice, legal forms, and more.

**Call us at 800-777-4114 or visit [FirstChoiceEAP.com](http://FirstChoiceEAP.com) to request an appointment.**