



Counseling Services

You, your immediate family and members of your household are offered free services to apply toward confidential counseling sessions or life management services.



Employee Assistance Program Services

Easy to Call. Easy to Use.

Through First Sun EAP you, your immediate family and members of your household have access to an award-winning Employee Assistance Program (EAP) with services specifically designed to enhance your wellbeing — both personally and professionally.

As our tagline states, “We Help People Be Better at Work.” Our highly seasoned and credentialed staff are invested in you and personally handle your call. They are professionally trained to assess your needs and get you to the right resources that will make a difference in your situation. It’s no wonder the First Sun client satisfaction rate is so high.

When you are challenged by personal or emotional issues, our licensed counselors* are here to help. Your sessions may be used for personal and workplace issues. We are just a phone call away, 24 hours a days, 7 days a week. The face-to-face, telephonic, video, text and chat counseling sessions are available to each employee, immediate family and members of your household.

When your personal or professional life becomes unbalanced, we are here to help you regain that balance. Here are some of the issues your EAP addresses:

- ***Grief and Loss***
- ***Stress Management***
- ***Alcohol/Substance Use***
- ***Marital/Relationship***
- ***Anxiety***
- ***Depression***
- ***Personal Growth***
- ***Trauma***
- ***Anger Management***
- ***Family Conflicts***
- ***Spiritual Matters***
- ***Workplace Concerns***
- ***Work-life Balance***
- ***Behavioral Change***

** All counseling services are confidential in compliance with the law.*

You are eligible for free counseling sessions and life management services. Your EAP services are made available to you, your immediate family and members of your household by your employer. You may use the services whether or not you have chosen to participate in an employer insurance plan.

Please see other side for more services.

Call us 24/7/365 at 800-968-8143 or visit www.firstsuneap.com



Life Management Services

You, your immediate family and members of your household are offered free services to apply toward confidential counseling sessions or life management services.



- 1** Call 800-968-8143 or review online resources at www.firstsuneap.com.
- 2** Speak confidentially with an intake specialist about your situation or request.
- 3** Receive professional support to assist you in reaching your goals.

We Are Here for You

Our dedicated consultants are available 24 hours a day, 7 days a week to address your needs. Crisis calls are handled immediately and all appointments will be scheduled in a timely manner. Individual use of your EAP is confidential and is not reported to your employer.

Financial Consultations — Financial counselors assist with planning for retirement, reorganizing the family budget and dealing with a financial crisis.

Legal Consultations and Documents — Our website holds a wealth of personal and legal documents, and legal information. You may also call for a free legal consultation. All legal services are provided by licensed attorneys.

Elder Care Resources and Assistance — Receive an assessment from our consultants for needs involving elderly and disabled adults. Get resources, referral information and support for caregivers.

Child Care Resources and Assistance — Consultants advise how to select child care resources and address child care needs including routine day care needs, special need care, swing shift needs and summer camps.

The First Sun EAP website offers detailed information about your benefits as well as helpful articles, assessments, calculators, courses, webinars, videos and a resilience app for your personal and professional growth.

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College Assistance — Consultants are available for students and working adults who desire assistance in the college search or identifying resources such as financial aid, test preparation and educational plans.

School Assistance — Resources are available to help parents choose an appropriate school, prepare children for school, and assist children with school achievement.

Adoption Assistance — For parents wanting to adopt, consultants can provide referrals to adoption attorneys, placement agencies, domestic and international adoption agencies, fertility specialists and clinics, etc.

Pet Care — Consultants offer comprehensive pet care referral services to assist with veterinary selection, emergency care, grooming, obedience classes, boarding, pet sitting, and the like.

Please see other side for more services.

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