



**Mercy Employee Assistance  
Program - Springfield**

# **Growing in a New Direction**





## What Is Employee Assistance?

The Employee Assistance Program (EAP) is a confidential service to help you with everyday problems. You and your immediate family can use the program. There is never a fee for EAP services, and your confidentiality is protected.

## How can EAP help?

We provide information, support and referral services to assist you with the concerns that may be causing a loss of balance in your life. These include, but are not limited to assistance with:

- Strained relationships
- Stress at home or at work
- Legal questions
- Budgeting and debt management
- Parenting concerns
- Drug and alcohol misuse
- Depression and anxiety
- Conflicts, anger and resentment
- Grief and loss

## **This assistance may include telephonic, web-based and/or face to face counseling including:**

- Tools for problem solving
- Motivational support during difficult times
- Communication skills
- Individual, couple, family and group sessions



Confidential service that is provided by your employer  
Immediate family members can use these services.  
Confidentiality is our priority.

**[www.ndbh.com](http://www.ndbh.com) Log on using your company  
pass code to find:**

- Interactive health and wellness assessments
- Financial resources for budgeting, debt management, taxes and more
- Legal information
- Health and wellness tools
- Dependent care assistance for locating child and elder care services
- Stress relief resources
- Solution Centers for quick access to timely articles and reports
- My Personal EAP to email questions to a clinician
- e-Directions emails with information on stress, relationships, parenting, and work
- ***Balanced Living*** — our monthly newsletter

# Mercy Employee Assistance Program - Springfield

*Innovative solutions for health,  
work and life*

24 hours a day

7 days a week

365 days a year

*When you need us, we'll be here for you!*

Services are free and confidential

**1-877-254-0781** (toll free)

**[www.ndbh.com](http://www.ndbh.com)**