

Count on the First Sun EAP Well-being & Training Center to maintain work-life balance



The interactive resource that helps you grow through

- Articles
- Calculators
- Screenings
- Training courses
- Quizzes
- Videos
- Assessments
- Webinars



Emotional Well-being

Mental and physical health issues are equally important to your overall well-being. We offer resources and information on all major health topics:

- Addiction
- Anxiety
- Depression
- Eating disorders
- Grief and loss
- Autism
- Managing stress
- Violence and abuse



Relationships

Relationships are an integral part of life and require time and energy to maintain. Let our resources help you develop and further strengthen the relationships with those in your life:

- Coworkers
- Family activities
- Parenting
- Self esteem
- Caregiving support
- Communication
- Partners/Marriage
- Confidence



Health

Whether you're concerned about a disease or condition, or just interested in a new fitness routine or healthy recipe, our tools and information will help you start your journey:

- Fitness
- Arthritis
- Skin health
- Sleep disorders
- Nutrition
- Cancer prevention
- Weight-loss strategies
- Smoking



Financial

Financial stability can be a difficult goal to achieve. Let our calculators, forms and other essential information help you become financially resilient:

- Budgeting
- Insurance
- Estate planning
- Credit repair
- Debt and bankruptcy
- Tax laws
- Home buying
- Social security



Legal

Legal troubles like traffic tickets and divorce can affect every aspect of your work and home life. We have the tools to help you with:

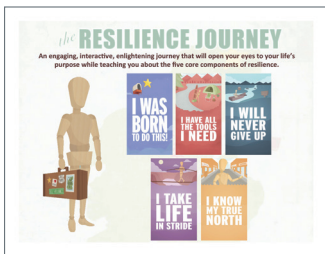
- Consumer law
- Real estate
- Retirement
- Neighbors and pets
- Divorce and child care
- Criminal law
- Wills and estates
- Debt and bankruptcy



Personal Growth

Improving your personal and professional skills will help you be more successful at work and home. Check out the videos, courses and article on:

- Leadership
- Supervision
- Staying positive
- Human resources
- Performance management
- Team building
- Managing work and family
- Communication



Resilience Program

Becoming more resilient can be the key to finding your way over, around and through life's obstacles. Log in to begin your journey!



Training Center

We offer more than 170 soft skill courses for personal and professional growth in the areas of communication, professional development, leadership, work-life balance, child and elder care, sales skills and interpersonal skills.



Get started today.

Visit the Well-being and Training Center at www.firstsuneap.com. Log in or create an account by entering your company name and creating a user name and password.



FIRST SUN
EAP

We Help People Be Better at Work

FSPREMEMPPRINT 05/20



Counseling Services

You and your household members receive eight free and confidential sessions.



IT'S EASY TO USE YOUR EMPLOYEE ASSISTANCE PROGRAM (EAP)



1 Call 800-968-8143 or fill out the online [Request My Benefit](#) form.



2 Speak confidentially with an intake specialist about your situation or request.



3 Receive professional support to assist you in reaching your goals.

Your EAP is provided by your employer at no additional cost to you. If you qualify for your insurance plan, regardless if you participate in that plan, you and your household family members are eligible for EAP services. Everyone is automatically enrolled and receives their own set of counseling and life management services. When you call, please provide your name and company funding the EAP benefit. Individual use of your EAP is confidential and not reported to your employer or manager. Counseling sessions are confidential in compliance with the law.

When your personal or professional life becomes challenging, our licensed counselors are here to help. Here are some concerns counseling addresses:

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

Convenient Ways to Connect



TELEPHONIC



VIDEO



CHAT



MESSAGING



IN PERSON

Explore the Website

Head to the [My EAP](#) tab and select Employees and Families to explore the detailed information about your benefits. Log into the [Well-being and Training Center](#) for helpful articles, assessments, calculators, courses, webinars, videos and a resilience program for your personal and professional growth.

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



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Life Management Services

You and your household members receive five free life management services.



WE'RE HERE TO HELP WHEN YOU'RE READY

Make the call to make a difference

You and your household members have access to First Sun EAP's award-winning Employee Assistance Program (EAP). Our services are designed to enhance your personal and professional well-being.

We do better so you can be better

Our highly seasoned and credentialed staff are invested in you. They are professionally trained to assess your needs and get you to the necessary resources for an optimal outcome.

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

Legal Services — 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 and Adult Care Resources — Receive resources and referrals for the elderly, disabled adults and their caregivers during your consultation with our specialists.

Child Care Resources — Consultants advise on how to select child care resources and address child care needs for child care centers, summer camps, in-home care, after-school care and disability resources.

Education Referrals — Consultants are available for students and working adults who desire assistance with continuing education. Identify referrals for financial aid, test preparation and school/college selection.

Adoption Support — Specialists provide referrals to adoption agencies, attorneys, and support groups.

Home and Life Resources — Simplify your to-do list and get information and referrals for household repairs, transportation, grocery delivery, housing rental searches, community connections and more.

Work and Career Referrals — Experts help with a range of topics like career transitions, interview skills, tip sheets.

Health and Well-being Referrals — Receive referrals on well-being topics such as specialty care, fitness centers, nutritionists and various support groups.

Pet Care Referrals — Consultants offer comprehensive referral services to assist with veterinary selection, emergency care, groomers, walkers, pet sitting, boarding, and training and obedience programs.

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



Risk Management Services

Our team of experienced risk consultants is dedicated to helping you manage job performance and high-risk behavioral concerns impacting your workplace.



Leadership Support Services

First Sun EAP understands the important role you play as a leader in your organization. We provide a range of services to support your goals and objectives.

- 1** Call 800-968-8143, or fill out the [Request a Service](#) form.
- 2** Ask to speak with a risk manager about your workplace concerns.
- 3** Collaborate with our risk team to create a plan of action.

The Risk Management team consults with you to develop action plans consistent with your company's policies to address issues that could result in financial loss or legal liability.

When you need help with high-risk situations, our Risk Management team can provide consultations on these topics:

- Substance use
- Suicidal ideation
- Unprofessional behavior
- Disruptive behavior
- Domestic violence
- Violence in the workplace
- Formal workplace referrals
- Fitness for duty referrals
- Critical incident response
- Return to work



To learn more about how First Sun supports managers, please call and speak to a risk manager.

Follow us. We share information about events, leadership best practices and EAP trends.



Early identification makes a difference. When you see an employee walk in late, snap at co-workers, shun responsibilities or other behaviors out of his or her norm, it's time to call the Risk Management team. They can help with challenging situations before they lead to termination, productivity loss or an unsafe workplace.

Please see other side for more services.

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

Educational Resources

Implementing your EAP has never been easier. Services and materials can be requested online or from a Solutions team member. Some of these tools are:

STARTUP TOOLS

- EAP 101 webinar
- EAP reference guide
- Overview of services handouts
- Employee and leadership orientations

PROMOTIONAL TOOLS

- Brochures, posters and slides
- Magnets and wallet cards
- Benefits fairs (giveaways and educational materials)

CONTINUING EDUCATION TOOLS

- E-newsletters for employees and leadership
- Free leader events: Advisory Conference and Regional Manager Workshop offering HRCI and SHRM credits



Consistency is key. When employees regularly read about their EAP, they remember to use it when a personal or workplace issue arises.

Solutions Training Services

What challenges do you face as a leader? Our Solutions team can help with applicable and actionable training solutions tailored to your workplace culture.

Whether online, on-site or off-site, regular training is an integral part of the health of your organization. We provide training and coaching to help you and your organization succeed.

FEATURED TRAININGS FOR SUPERVISORS

- Supervisor Essentials® e-learning course
- Certified Leader Coach® program
- Executive Essentials® for individuals and groups
- Manager/Supervisor Skill-building Workshop
- First-time Manager Training



View our catalog.
Request a training.

COACHING TOPICS

- Performance improvement
- Personal growth & development
- Role preparation
- Human resources support



First Sun supports your **entire organization**. We offer critical incident services, termination and layoff assistance.

POPULAR TOPICS

- Leadership's role and personal influence
- Harassment and discrimination compliance training
- Managing teams • Managing others • Coaching



Every month, we share information on how to enhance your leadership skills. Sign up for the leadership newsletter.

ONLINE TRAINING CENTER

The Well-being and Training Center has a library of webinars and courses to help your leaders excel.

Please see other side for more services.

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