



Important Benefit Information

New Directions Employee Assistance Program (EAP) is a voluntary and confidential service that provides employees and their families with professional counseling and referral services. This program is fully paid by Oklahoma United Methodist Church and is available to you at no cost.

Visit us today at www.ndbh.com



Free and Confidential Services

What can the EAP do for me?

The EAP can help you with a variety of issues including:

- Day-to-day stresses
- Depression and anxiety
- Difficult life circumstances
- Problems with co-workers or supervisor
- Marital and family issues
- Drug and alcohol issues
- Elder care consultation with an elder care specialist
- Legal consultation with an attorney
- Financial consultation

Call today (800) 624-5544 or (913) 982-8398

For help with the day-to-day stressors of life, just pick up the phone and call New Directions. The EAP is available 24/7 to provide confidential assistance.

Online or By Phone 24/7

The EAP website is also available. Visit us at www.ndbh.com. To enter the EAP Member Section, use the company pass code "OKUMC." While there, check Personal Directions - a substantial resource containing thousands of articles, planners, assessments, calculators, videos, and national search services for dependent care, legal and financial services.

Don't forget to sign up for **e-Directions**, five weekly emails that provide information and motivation about Parenting, Stress, Relationships, Healthy Mind, and Be Your Best at Work.