



## Your Questions Answered About the EAP

Bring balance to your life.

**Q: What will I find at the EAP?**

**A:** Your EAP provides counseling and work/life services to employees of The Kansas City, Kansas Public Schools.

**Q: How much do EAP services cost?**

**A:** It's free. Your organization covers the costs for you to use EAP services.

**Q: Who will know if I call the EAP?**

**A:** This program is confidential. No one will know you have used the service unless you give permission to discuss it or if you tell them yourself.

**Q: How can you help?**

**A:** We help with a wide range of everyday or unexpected concerns. We also have a number of resources aimed at growth and development. Many people call for resources in dealing with:

- Stress
- Depression
- Relationships
- Parenting
- Substance use
- Grief and loss

**Q: Who is eligible for EAP services?**

**A:** All employees of the Kansas City, Kansas Public Schools and their immediate family members are covered.

**Q: Are your counselors professionals?**

**A:** Yes, EAP counselors have at least a master's degree in behavioral health, and a state license to provide these services.

**Q: What if I have a legal concern?**

**A:** You will be referred to an attorney who can assist you.

**Q: Can you help with financial issues?**

**A:** Yes, we have professional financial advisors available.

**Q: What if I need to help for an emergency?**

**A:** The EAP Call Center is open 24 hours a day, 7 days a week, 365 days a year. There is always a licensed EAP professional available to help in a crisis.

**Q: How do I get in touch with the program?**

**A:** Call New Directions Employee Assistance Program at:

**800-624-5544**

**or**

**913/982-8398**

**Q: What if I just need some information?**

**A:** You will find valuable information at [www.ndbh.com](http://www.ndbh.com). Your login code is:

**kckps**

The website has thousands of resources covering a wide range of topics including, Family Life, Stress, Finances, Legal, Health and Wellness, Emotional Wellbeing, and Business Management.