

# Healthy Connections



**Call First Sun at  
800-968-8143  
or visit  
[www.firstsuneap.com](http://www.firstsuneap.com)**

## Building Healthy Relationships

It's important to stay connected. Friends and family can become a strong support system to lift your spirits, make you laugh more and keep you active. Cultivating relationships is important to your health and well-being. If you'd like help communicating with new people or nurturing relationships, one of our licensed professional counselors is here to help. We're just a phone call away!

*First Sun EAP services are made available to you and your family members by your employer. You can use the services whether or not you have chosen to participate in an employer health plan.*

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

First Sun EAP Counselors are available 24/7/365 at 800-968-8143.

Employee  
& Family

Member Services