

Counseling Services



**Call First Sun at
800-968-8143
or visit
www.firstsuneap.com**

Life happens. Be on the joyful side.

Busy lives, packed schedules and a flurry of activities can make the life of even the most organized person unmanageable. When your personal or professional life becomes unbalanced, help is a phone call away.

Counseling services are included in your benefits for you and your family members. Here are convenient ways to connect:



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

All counseling services are confidential in compliance with the law.

You are entitled to confidential counseling services for:

- Personal Concerns
- Grief & Loss
- Trauma Issues
- Anger Management
- Relationship Issues
- Family Conflicts
- Stress Management
- Spiritual Concerns
- Alcohol/Substance Use
- Depression
- Anxiety

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

Employee
& Family

Member Services