

Online Resources for You and Your Family



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

Resources to Help You Navigate Life

First Sun offers a wide variety of resources on our Well-being and Training Center to help you and your family take advantage of all of your counseling and life management services. You'll find educational content to help guide you to a resolution about your concern or to collect information before calling a First Sun specialist. Log on today!

Visit our website and view

- Articles
- Tip Sheets
- Self Assessments
- Financial Tools
- Legal Forms
- Videos
- Webinars
- FAQs and More

at www.firstsuneap.com

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