

Finding Balance



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

What are you working on?

So many of us are revising, reconfiguring, reducing, recalculating, reconstructing, rearranging, replenishing, restricting, reflecting and reacting.

No matter what “re” you are working on, our services can address your specific needs and help you rebalance your work and/or life. Use your EAP benefit to help reduce your stress and make life rewarding.

Use First Sun EAP to:

- Discuss your concerns and goals with a licensed counselor
- Visit the Well-being and Training Center to read, listen and inform yourself with a variety of online resources
- Discover other professional resources our intake team can recommend

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