



Some days are more challenging than others. When life brings you a tough challenge, tackle it with help from First Sun EAP. Use your free mental health sessions to see a provider.

There are two main approaches to seeking mental health assistance — counseling and coaching. So, how do you know which is right for you? Understanding their differences and your needs will determine the best choice and outcome.

## Counseling

## Coaching

Confidential sessions with a licensed counselor address mental, behavioral and emotional issues to improve your well-being. Counseling focuses on healing by confronting past and present challenges.



**Characteristics and Platforms**

Confidential sessions with a certified coach focus on enhancing well-being, resilience, and personal growth. Coaches empower individuals to develop coping strategies, manage stress, and cultivate positive mindset shifts, fostering a proactive approach to mental well-being.



Meet face-to-face, in a physical space, with a provider for your scheduled session.



IN-PERSON

Use your phone to speak with a provider for your scheduled session.



PHONE

Meet virtually with a provider on a device that allows you to view and speak with each other during your scheduled session.



VIDEO

**Ways to Connect**



CHAT

Text a provider in real-time during your scheduled session.



MESSAGE

Exchange unlimited texts anytime, without a scheduled session.

An alternative approach to counseling and coaching, is spiritual care. It is a spiritually, but not religiously, based journey distinct from mental health and behavioral care. Clinically trained, board-certified chaplains help you spiritually define your pain, distress, or need for change. They can put together a plan to find your strengths, meaning and things that nourish you.



VIDEO



## Counseling

## Coaching

You might be dealing with issues such as these:

- Grief and Loss
- Stress Management
- Alcohol/Substance Use
- Relationship Conflict
- Anxiety, Depression and Trauma
- Anger Management
- Spiritual Matters
- Workplace Concerns
- Work-life Balance
- Behavioral and Mood Change

You can get guidance and motivation to achieve goals for:

- Goal Setting
- Relationships
- Parenting
- Communication
- Habit and Mindset Change
- Mindfulness
- Stress Relief
- Personal Leadership
- Emotional Regulation/Awareness
- Career Progression/Transition



## Therapeutic Approach to Healing

## Unlocking Your Potential

You'll discuss your specific problem and its emotional impact on you.

You'll look at your past for links and identify how to change patterns to increase your well-being.

You'll go through the healing process and learn ways to cope.

Your counselor will provide support to guide you toward a path of healing.

You'll set achievable goals.

You'll be on an active path to move toward your solution and increase your well-being.

You'll focus on your current situation to establish a more desirable future.

Your coach will share problem-solving skills and help you identify your strengths and barriers.



Fill out the

**Request My Benefit**

form at [www.FirstSunEAP.com](http://www.FirstSunEAP.com).

**Start Your Journey**

Call our Intake team at

**800-968-8143**

to schedule a service.