




Scan the QR Code to Use Your EAP Benefit!



Effective Decision-Making Move Forward With Confidence

You might have heard of analysis paralysis, decision fatigue, or fear of commitment. Whether it is for these reasons or not, there will be a time when you struggle to make a decision. Don't let fear and anxiety take over.

Use your First Sun EAP benefit and schedule your mental health sessions. Choose from counseling, coaching or spiritual care.

Select your organization's name to register for the Well-Being Center. 
Your Employee Assistance Program (EAP) is paid by your employer. You and your household members are automatically covered. No health insurance is needed to participate. To speak to an intake specialist, call 800-968-8143. Services are confidential. First Sun EAP does not sell your personal information to third parties.

