




Scan the QR Code to Use Your EAP Benefit!



Social Media Our Best Friend and Worst Enemy

It's great to use social media to stay connected with distant relatives or to make new friends. But there is a reason every social media app is designed to keep us scrolling. Developing boundaries for yourself and your children is a good approach to healthy usage.

Start by logging in to the Well-Being Center for helpful online resources. If you would like to set boundaries for your mental health, please call or fill out the online form to request the EAP service you'd like to use.

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.

