

Contact us by phone or online and search all site resources.

Industry experts hold a new webinar on a featured topic each month.

The My EAP tile highlights your program benefits and how to get started. Explore the other tiles for detailed information about your mental health sessions and life management services.

Check in on your mental health when you take an Assessment. Review your results and customized suggestions to care for yourself.

Take a deep dive into the most popular topics that affect our daily lives like stress, money, sleep, and mindfulness. Search the Learning Center for:

- Webinars
- Articles
- Workbooks
- Podcasts
- Courses
- Training bites
- Calculators
- Assessments
- Recommended reading and apps

All about YOU. Save your member history, courses and favorites.

Get the latest newsletters for members and leaders.

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.



Snap the QR code for access. Select your organization's name to create a free account.

The screenshot shows the First Sun EAP website interface. At the top, there is a navigation bar with 'HOME', 'PROFILE', 'Select Language', 'LOG OUT', and 'Powered by TRANSLATE'. The 'Breaking News' section is visible in the top right corner. A main banner features a woman working on a laptop, with a callout for 'Featured this month: Understanding Neurodiversity'. Below this is a grid of service tiles including 'Assessments', 'My EAP', 'Suicide Prevention', 'Mental Health Services', 'Legal Resources', 'Financial Resources', 'Lifestyle Resources', 'Child and Family Resources', 'Education Resources', and 'HR/Leader Support'. A 'Featured Learning Centers' section highlights 'Caregiver Support'. At the bottom, a 'View Featured' list includes categories like 'Your Favorites', 'Your Courses', 'Your History', 'College Life', 'Connections', 'Disaster Preparedness', 'Emotional Wellbeing', 'Financial', 'Health', 'Legal', 'Parenting', 'Workplace', and 'Assessments'. A 'Calculators' section is also visible on the right side of the featured list.