



FIRST SUN

EMPLOYEE ASSISTANCE PROGRAM

We help people *be better* at work

Choose a plan that's right for you.

Tailored well-being services to help your business close the gaps in productivity, efficiency and safety.

All First Sun EAP plans include access to the full line of mental health sessions and life management services.

BASIC

3 Mental Health Sessions
Unlimited Life Management Services

Targeted well-being services for employees. Core program management support.

Ideal for budget-conscious employers looking to complement their wellness program and add value to their benefits package.

BASIC PACKAGE TOP FEATURES

- Annual Trends Report
- Annual Utilization Report Upon Request
- Digital Promotional Materials
- Discounted Rates on Select Training
- Employee Newsletters
- Employee Orientation Video
- Services Launch Meeting
- Unlimited Well-Being Center Access

FULL-SERVICE EMPLOYEE ASSISTANCE PROGRAM PLANS

Built for small businesses that need enterprise-level impact on a value-driven budget.

You are large enough to need scalable, high-quality mental health support, but lean enough that every dollar must clearly contribute to employee well-being, productivity, and retention. Our EAP plans are designed to deliver a big impact with conscious spending in mind, giving your employees exceptional support while fueling long-term company success.

ENTRY-LEVEL

3 Mental Health Sessions
5 Life Management Services

Cost-effective plan to support employees who experience non-acute mental health conditions. Dedicated experts help your leadership tackle workplace concerns.

ENHANCED

5 Mental Health Sessions
5 Life Management Services

Boost employee well-being while reducing stress and burnout. Dedicated experts help your leadership tackle workplace concerns.

BEST VALUE

8 Mental Health Sessions
5 Life Management Services

Extended support to foster lasting behavioral change while increasing engagement. Dedicated experts help your leadership tackle workplace concerns.

BASIC PACKAGE PLUS ...

- Account Management Consultations
- Coaching for Workplace Referrals
- Counseling for Workplace Referrals
- Critical Incident Consultations
- Dedicated Account Manager

- EAP 101 Live Webinar Sessions
- EAP Implementation Strategy
- Employee Orientation and Video
- Layoff and Reduction-In-Force Consultation
- Life Management for Workplace Referrals

- Manager Orientation and Video
- Neighborhood News (Services Newsletter)
- Unlimited Organizational Consultation
- Unlimited Manager Consultation

PREMIUM

12 Mental Health Sessions
Unlimited Life Management Services

Robust well-being services to help you create a competitive advantage.

The best option to achieve a healthy work culture and boost your reputation. Reduce employee out-of-pocket mental health costs. Gain higher employee satisfaction, engagement, and loyalty. Attract and retain top talent and reduce turnover costs.

Includes all features in the FULL-SERVICE PACKAGE

FUEL YOUR PERFORMANCE
through well-being.

GET A QUOTE

Explore tailored options to fit your organization's unique needs.

Call 800-968-8143

[Explore EAP Plans](#) • [Request a Quote](#)

A La Carte EAP Services

- Critical Incident Consultation
- Critical Incident Support Hours
- Layoff and Reduction-In-Force Consultation
- Layoff and Reduction-In-Force Support Hours
- Life Management Services

- Management Consultation
- Mental Health Sessions
- Termination Assistance
- Workplace Consultation

Training and Development

- Compliance Training
- DE&I Coaching
- DE&I Training
- Leadership Coaching
- Leadership Training
- Lunch-And-Learn Training
- Manager Skill-Building
- Workplace Training

Add **Workplace Support** for your immediate needs and developmental impact.