

**Work/Life Services**  
Part of your EAP

## Too much on your plate? We can help you delegate.

*Secure a sitter. Rent an affordable place. Schedule a plumber. Find grandma a caregiver. Join a gym. Relocate for that new job.* Life's to-do lists can be endless. Wouldn't it be nice to have a personal assistant to help?

New Directions Work/Life services offers just that – a team of specialists to support you and your family members with nearly anything that impacts daily life. With one phone call, you can locate a provider, get referrals and resources for almost any need. All vetted, organized and customized to help you stress less, focus at work and be more present at home.

**Work/Life services can help you with things like:**

### CHILD/ELDER CARE

- Parenting skills
- Child care/development
- Camps/rehabilitation assistance
- Tutoring
- Housing options
- Elder care
- Senior housing/nursing homes
- Meal programs
- Companion services
- Disability resources
- Understanding Medicare/Medicaid

### DAILY LIVING

- Household maintenance
- Pet care
- Dining and entertainment
- Gifts and shopping
- Moving and relocation
- Meals and groceries

### CAREER AND WORK

- Resume writing and editing services
- Job placement resources
- Career counseling
- Community resources

### FAMILY RESOURCES

- Adoption assistance
- Special needs assistance
- Education assistance
- Household maintenance and repair
- Relocation
- Transportation needs
- Housing options
- College coaching
- Fitness assistance

### FINANCIAL RESOURCES

- Prescription assistance
- Rental assistance
- Food pantries
- Utility assistance
- Low-cost housing

### EMERGENCY RESOURCES

- Domestic violence services
- Emergency shelters
- Natural disaster preparation
- Natural disaster recovery
- Response to employer requests

## Start today – no cost, no limits!

1. Call 800-624-5544
2. Tell us your needs and any preferences
3. Receive at least three referrals per request within two days
4. Connect with referrals
5. Get it done ✓

### Work/Life services include

- ✓ Practical support for everyday life issues
- ✓ Help to manage your work, family and personal needs
- ✓ Personalized consultations with trained Work/Life specialists
- ✓ Referrals to local providers and national services
- ✓ 24/7 support for you and your household members
- ✓ Tip sheets, checklists and other helpful tools

**Use the personal assistant you didn't  
know you had, today!**

**eap.ndbh.com**  
**800-624-5544**