

# Counseling Services

## Now available online!



**Live a better life.  
Take the first step.  
Call First Sun at  
800-968-8143  
or visit  
[www.firstsuneap.com](http://www.firstsuneap.com)**

### **Life happens. We are here to help.**

There is a lot of uncertainty and change in the midst of this pandemic. New challenges and a flurry of activities can make the life of even the most organized person feel unmanageable. If you feel anxious or if your personal or professional life becomes unbalanced, help is a phone call away.

Counseling services are included in your benefits. Your safety is our focus. Services are available via video, telephonic, chat and text.

*First Sun EAP services are made available to you and your family members by your employer. You may use the services whether or not you have chosen to participate in an employer insurance plan.*

*All counseling services are confidential in compliance with the law.*

You are entitled to confidential counseling services for:

- Personal Concerns
- Grief & Loss
- Trauma Issues
- Anger Management
- Relationship Issues
- Family Conflicts
- Stress Management
- Spiritual Concerns
- Alcohol/Substance Use
- Depression
- Anxiety

First Sun EAP Counselors are available 24/7/365 at 800-968-8143.

Employee  
& Family

Member Services