

The Employee Assistance Program (EAP), in connection with your employer-sponsored group insurance from Northwestern Mutual, offers support, guidance and resources to help you find the right balance between your work and home life. Experienced professionals are ready to provide you and your family with information, assistance and support in several areas, including the following:

Personal Growth

- Design a resiliency plan
- Reduce stress
- Deal with major changes in your life

Workplace

- Adjust to change at work
- Get along with co-workers
- Enhance effective communication skills

Emotional Well-being

- Evaluate feelings of depression or anxiety
- Learn about controlling anger
- Identify ways to cope with grief and uncertainty

Addictions

- Change destructive behaviors
- Identify new habits to adopt
- Learn how to set healthy boundaries
- Access online assessments
- Find ways to deal with addictions (substance abuse, gambling, eating disorders, computer)

Relationships and Family

- Communicate effectively with those in your life
- Help with caring for loved ones
- Strengthen existing relationships
- Manage family relationships and conflicts

Legal and Financial

- Access online information and calculators
- Find support for your legal and financial issues
- Prepare a will
- Receive identity theft consultation
- Manage debt

Phone

Call toll-free **888.893.6585** (TDD 800.327.1833) for access to EAP services.
Available 24 hours a day, 365 days a year.

Online

www.eapbda.com
Login ID: northwestern
Password: eap4u

Mobile

BDA EAP application (available for download)
Password: EAPBDA

Note: It is a violation of your company's contract to share this information with individuals who are not eligible for this service.



This EAP service is not affiliated with Northwestern Mutual. The EAP is not an insurance product.

Employee Assistance Program-3
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