

Employee Assistance Program Website Services

The New Directions Employee Assistance Program (EAP) website is full of resources to help you with all of life's topics. Go to www.ndbh.com and log on to the Employee Assistance Program with your company login.

Chat with an EAP representative

Request an EAP session and search for a provider

Assess your stress levels and find tools to improve your health

Sign up to receive motivational tips sent directly to your email

Create a will online or access other customizable legal documents

Email questions or access our database of previously asked questions

The Personal Directions section lets you access a searchable health resource library. There are thousands of articles, videos, assessments calculators and more.

Your Company Login

Home Emotional Wellbeing Relationships Financial Health Legal

Personal Growth Search

Claustrophobic Feelings

Put the Brakes on Road Rage

Featured Video: Anemia

Weekly Poll: If you received some extra money, what would you do?

Assessments Locators

Find Assessments

Most Popular Highest Rated

Recipe of the Month: Fruited Buckwheat Pancakes

How may we assist you?

Stress Tip