

Employee Assistance Program

Call toll free 1-866-451-5465 or click for DIRECTIONS on how to set up your online Employee Assistance Account and then click here to access NIS Employee Assistance Program information.

EAP counselors are available by phone 24/7 to help you through difficulty and times of crisis and also in a day-to-day balancing and enrichment of your life.

No problem is too large or too small. Contact the EAP for assistance. Master-Degreed Counselors provide immediate private, professional, and confidential services at no cost to you. Up to three in-person assessment and counseling sessions are included in the program.

Alcohol or Drug Problems

- Adult Children of Alcoholics
- Substance Abuse
- Legal Concerns
- Prescription Drug Dependency

Behavioral Concerns

- Compulsive Behaviors
- Eating Disorders
- Internet
- Gambling
- Overspending

Eldercare Concerns

- Community Resources
- Financial Concerns
- Legal Concerns
- Living Will
- Long-Term Care Planning

Family/Parenting

- Adolescent Issues
- Adoption
- Blended Families
- Bullying
- Communication
- Family Violence
- Learning Disabilities
- Parenting Issues
- School Concerns
- Single Parenting

Financial Concerns

- Debt and Credit
- Budgeting
- Home Buying
- Investing
- Paying for College

National Insurance Services

250 South Executive Drive, Suite 300, Brookfield, Wisconsin 53005
p 800.627.3660 Toll Free 866.451.5465 www.NISBenefits.com

Job Related Issues

- Balancing Work and Home
- Career Advancement
- Conflict with Coworkers
- Harassment
- Organization
- Performance Concerns
- Productivity Improvement
- Retirement Planning

Legal

- Debt and Bankruptcy
- Divorce
- DWI
- Wills and Trusts

Personal/Emotional Concerns

- ADHD
- Anger Management
- Goal Setting
- Depression
- Excessive Guilt
- Grief and Loss
- Life Transition
- Low Self-Confidence
- Midlife Adjustment
- Military Life
- Mood Swings
- Phobias
- Sexual Orientation Concerns
- Sleep Problems
- Time Management

Relationship Concerns

- Communication Problems
- Divorce/Separation Adjustment
- Domestic Violence
- Sexual Concerns