

NATIONAL (EAP) NEWS

A Regular Member Publication by National EAP, Inc.



APRIL

LEARN TO MAXIMIZE YOUR EAP BENEFITS FOR ELDER CARE PLANNING

"THRIVE" with National EAP

Navigating the many legal and financial needs of an elderly parent or loved one can be confusing, difficult, and time-consuming. However, National EAP is here for our caregiving members by providing elder care services to ease their stress.

On **April 20th @ 12 pm ET**, a guest speaker from our Work/Life partner will highlight about the EAP legal, financial, and id-theft benefits available to support your loved ones, along with some of the legal and financial needs a family caregiver should consider.

To register for this event, [Click here](#)



HOW TO SPEAK TO OUR CHILDREN ABOUT WHAT IS HAPPENING IN UKRAINE

Because of the current events in Ukraine, many parents are concerned about how to speak to their children about what is happening, as it plays out in real-time across news and social media. Times of conflict impact us all differently, but it is essential for our children to feel safe while being informed. We are here to assist you with these difficult conversations and encourage you to reach out to a counselor for additional assistance if needed.

You are a Safe Space – Let your children know, as their parent, you are a safe space to discuss their concerns about what is going on in the world. It is crucial that we normalize fear and emotion and give permission to our kids to express themselves.

Manage Your Own Reaction – It is normal to be concerned about what you hear in the news. However, keep in mind that your children will be watching your reactions, and it is essential to stay calm and explain what helps you feel safe.

Monitor and Consider Limiting Media Access – Monitor how much time your child spends on social media and news outlets. Spend time together by watching a funny movie or something that brings you joy.

Stick to a Normal Routine – There is comfort in the little things you do every day—so keep on doing them! It is important that your child meet their needs and maintain normalcy.

Our counselors are here 24/7 and we encourage you to reach out if you need any help.

VIA PHONE: 800-624-2593 for immediate EAP consultation

ONLINE: visit www.nationaleap.com

VIA CHAT: chat or email us at info@nationaleap.com

NATIONAL (EAP) NEWS

A Regular Publication by National EAP, Inc.



FIND RELIEF AND CULTIVATE INNER PEACE WITH MINDFULNESS

eM Life On- Demand Programs



You are not alone in feeling distressed by the conflict in Ukraine. It is natural to feel fear, anxiety, and helplessness when coping with events outside of our control. Navigating these difficult emotions is easier when we pause and acknowledge what we're feeling and offer ourselves kindness and compassion during difficult times. Connecting to the present moment with mindfulness practice can help you find ease in your struggles.

Our Mindfulness Solution Partner, eM Life, has On Demand Programs to help you during these times of stress.

We Are Always Here For You

Call or log on to get started.
TOLL-FREE: 1-800-624-2593
WEBSITE: www.nationaleap.com

Bringing Mindfulness and Compassion to Loss

Loss isn't something we can think our way through. The thinking mind can't comprehend the depths of emotional pain. It sometimes tries to fix what's wrong by minimizing the pain we're feeling or replaying thoughts of how this shouldn't have happened or how it isn't fair. But loss isn't a problem to be solved. With mindfulness, we can learn it's a process that we move through—and that moves through us.

Episodes Include:

- Finding Strength Within
- Treating Yourself with Tender Loving Care
- Moving Through Loss
- Recognizing and Allowing the Feelings of Loss
- The Wisdom of Letting Go

Difficult Emotions Collection

When worry and anxiety take over, we can often feel helpless. We might try to find relief outside of ourselves to no avail. With mindfulness, we can learn how to manage these difficult emotions by approaching them in a new way and changing how we relate to uncertainty and unease.

Episodes Include:

- Why Worry?
- Full of Feelings
- Confronting Your Dark Side
- Finding Forgiveness
- The Past Isn't The Present

We encourage all members to download the mobile app for eM Life to their mobile devices so that they can access their programming easily, wherever they are.

For a step by step guide to register on the web or download the mobile app for eM Life, [Click here](#)

NATIONAL (EAP) NEWS

A Regular Publication by National EAP, Inc.



NATIONAL EAP SERVICES SPOTLIGHT - LEGAL CONSULTATION



Legal Assist

Each member is entitled to one (1) initial thirty-minute office or telephone consultation per separate legal matter at no cost with a network legal provider or mediator. If a member wishes to retain a participating legal provider after the initial consultation, the member will be provided with a preferred rate reduction of 25% from the legal provider's normal hourly rate. Virtually all types of legal matters are eligible for these services.



Mediation

Each member is entitled to one (1) initial thirty-minute office or telephone consultation per separate legal matter at no cost with a network mediator. If the member wishes to retain a participating mediator after the initial consultation, the member will be provided with a preferred rate reduction of 25% from the mediator's normal hourly rate. Typical matters may include divorce and child custody, contractual and consumer disputes, real estate and landlord tenant, car accidents and insurance disputes, etc.



Website

To help you make time for what matters most, your employee assistance program provides online access to a wide range of resources regarding the work and life topics of interest to you and your family—all available on one website. Just log on with your company's username and password, and navigate through articles, links, interactive content, self searches, self assessments, and more.



24-Hour Emergency Services

In the event of being jailed or arrested, members will have access to legal providers during after-hours and weekends. For non-emergency issues, members will be assisted on the next business day and during normal hours of operation.

Examples of matters for which members may use this program

Civil/Consumer Issues – This category includes issues relating to retail transactions, warranty and other consumer product matters, issues relating to governmental entitlements and benefits, advice on small claims court and other general legal matters.

Criminal Matters – Services include the defense of both misdemeanor as well as felony criminal acts of all kinds.

Estate Planning Law – Prepare documents such as Wills, Revocable Living Trusts, Charitable Trusts, etc.

Financial Matters – Services include bankruptcy representation and defense of lending-related legal issues.

Immigration & Naturalization – This category of services includes green cards, U.S. citizenship, work and student visas, family-based immigration, deportation and removal defense, INS and immigration court appeals, asylum and many other immigration issues.

IRS Matters – This service assists the member in their negotiation with the IRS, whether in an audit environment or to assist them with a lien or a balance due, in order to affect the most favorable outcome.

Personal/Family Legal Services – These services include adoption and guardianship, custody and support matters, divorce, separation and annulment issues, and name changes, as well as other domestic or family law issues.

Real Estate – Real estate services include assistance in the acquisition or sale of real property, lease and rental agreements, property boundary disputes and other matters surrounding personal real property.

Matters involving disputes or actions between members and their employer, National EAP or its plan sponsors, agents or their officers, directors or employees are specifically excluded from eligibility of this plan. Also excluded are matters that, in the attorney's opinion, lack merit. Court costs, filing fees and fines are the responsibility of the member.