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**Taxes Paid, Refund Deposited. Now What?**  
*New Directions' EAP Offers Financial Counseling*

Kansas City, Mo. – April 21, 2015 – Most people feel relief after April 15. Taxes are submitted, checks written, and/or refunds deposited. But questions about how to use the refund, or how to budget for next year, can overwhelm families. Finding answers and knowing where to start is key. One solution is an employee assistance program (EAP), an employee benefit offered by many private companies, government entities, and school systems.

“The EAP is really about helping people manage life,” said Betsy Klein, vice president of EAP and Corporate Health at New Directions. “Financial, relational and job challenges impact us at different times. The EAP provides many options for support, from managing finances and preparing taxes, to creating a will or helping aging parents. It’s a one-stop shop to help people navigate life – and it’s free for employees and their families to use.”

EAPs are designed to improve health and wellness and provide resources that all employees can use and benefit from. With around-the-clock, confidential support, employees and their families can access counseling and resources to help them better manage life, including family, finances, career, health and legal issues. The employer-sponsored benefit is no cost to the employee.

One of the fastest growing behavioral health care companies in the nation, New Directions helps people live healthy, balanced lives through behavioral health care services, Employee Assistance Programs (EAPs), organizational consulting and health coaching programs. For more information, visit [ndbh.com](http://ndbh.com).

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