NIS
National Insurance Services

Client Focused. Solution Driven.

Embedded Employee Assistance Program (EAP)

Confidential Support for You and Your Family – Anytime

Balancing work and life is not always easy, and your employer understands that. That's why, through National Insurance Services (NIS), you and your dependents have access to a no-cost, confidential EAP with 24/7 support by phone or online.

Whether you're facing everyday stress or a major life event, you can connect with a qualified consultant and access practical tools and resources tailored to your needs.

Expert Support When You Need It

The EAP provides guidance across a wide range of concerns, including:

- Emotional wellbeing
- Family and relationships
- Financial and debt concerns
- Workplace challenges
- Legal and consumer issues

How the EAP Works

Support is available 24/7, 365 days a year:

- Calls are answered by a master's-level clinician, not an automated system
- You'll receive immediate, in-the-moment support
- Clinicians guide your case from first contact through follow-up

Many concerns are resolved in a single call. If additional help is needed, you'll be connected to trusted, vetted resources.

Program Highlights

- Complements your existing benefits
- Confidential support for personal and workplace concerns
- Multiple access points: phone, email, chat, or web
- Available 24/7 at no cost to you and your dependents
- Unlimited issues per year
- Personalized intake with counselor support
- Online portal with articles, tools, and resources

Counseling and Coaching Services

- Up to 3 in-person or virtual counseling sessions
- Unlimited single-session therapy
- Up to 6 life coaching sessions for goals and personal growth

Additional Features

- LiveConnect: Real-time chat support
- Savings Center: Discounts on name-brand products
- Financial and Daily Living Tools: Budgeting and planning calculators
- LifeLines: Quarterly tips and insights
- Aware Mindfulness: Resources for stress, pain, and neurological challenges

Support for Everyday Needs

Confidential help is available for:

- Alcohol or Drug Dependency
- Child and Elder Care
- Education
- Daily Living Needs
- Career Guidance
- Relationship Concerns
- Stress Management
- Financial or Legal Issues

Accessing the EAP is Easy:

Toll-Free:
866.451.5465

Website: bit.ly/eap-nis
Company Code: NIS

Download the App:

Registration Code: 436646

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