

*"Everyone deserves a little couch-time"*

Understanding your  
program benefits:  
Employee Assistance  
Program (EAP)

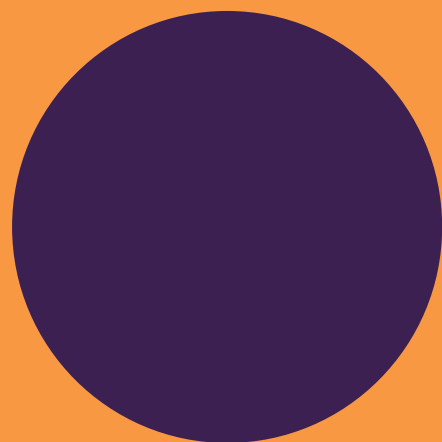
*A free service for you and your family*

**Dallas Area Rapid Transit  
EAP Orientation**



# Poll

1



## Why Organizations Need an EAP

1. Delivers Strong Return on Investment
2. Improves Productivity and Performance
3. Proactive Support for Real-Life

### Challenges

4. Supports Supervisors and Leaders
5. Strengthens Recruitment and Retention
6. All Of The Above

# About Your EAP



- ▶ No cost – It's Free!
  - Free counseling and work-life services
- ▶ Services are Confidential
  - HIPAA compliant
  - Employer will never be informed of who contacted or accessed EAP Services.
- ▶ Always Available:
  - 24-hour Hotline 866-212-6096
  - 24 hours a day, 7 days a week, 365 days a year



# Eligibility

---

- Employees and their immediate family members.
- Immediate family:
  - Individuals who reside in the same household.
  - Related by kinship, adoption, marriage, and foster children.
  - Minor children, whether living or not living in the same household.

# Your EAP Services



## Going Beyond Counseling



Counseling Sessions



Flourish Features



Wellness Training



Work Life Services



Secure the Wheel



Critical Incident  
Stress Debriefing

# Counseling Overview

- Counseling Sessions
  - 1 to 8 Short term counseling sessions.
- Licensed mental health counselor will provide counseling to you and your family regarding a wide variety of issues and concerns.
- The EAP Counselor will conduct a 1-hour initial assessment.
- Virtual or Face-to-Face.
- In The Moment Counseling
  - Counselors answer calls and offer information, assessment, action planning, crisis intervention assistance, short-term problem resolution, and referrals. Based on the expertise of our counselors, we offer In the Moment Counseling for urgent issues.
- Couch Time Check-In sessions
  - Annual or biannual preventive mental health check-ups to discuss your emotional state in a safe, confidential environment.
- What happens when I exhaust my sessions? **Benefits Connect**



# Counseling Services

*not limited to...*

## Work Issues

- Work conflict
- Performance anxiety
- Harassment
- Managing workplace pressure
- Relocation
- Death of a co-worker
- Dealing with change

## Personal Issues

- Anger management
- Child and adolescent problems
- Depression, anxiety, & stress
- Grief
- Marital problems
- Parent Problems
- Substance abuse





# Work Life Services

---

- Referrals to local providers in your community
- 3 to 5 confirmed referrals
- Research undertaken to answer a particular question
- Discreet delivery of information via email to participants

# Work Life Services

## Child or Elder Care

- In-home
- Facilities that offer part-time or full-time care
- Residential facilities
- Activities
- Tutors
- Pregnancy information
- Parenting resources

## Legal or Financial

- Reducing debt
- Matrimonial law
- Civil litigation
- Housing matters
- Budgeting
- Adoption and Custody
- Legal aid
- Real estate law

## Daily Living

- Menopause Support
- Travel
- Nutrition and physical health
- Recreation and personal development
- Relocation



# Child Care Referral and Support

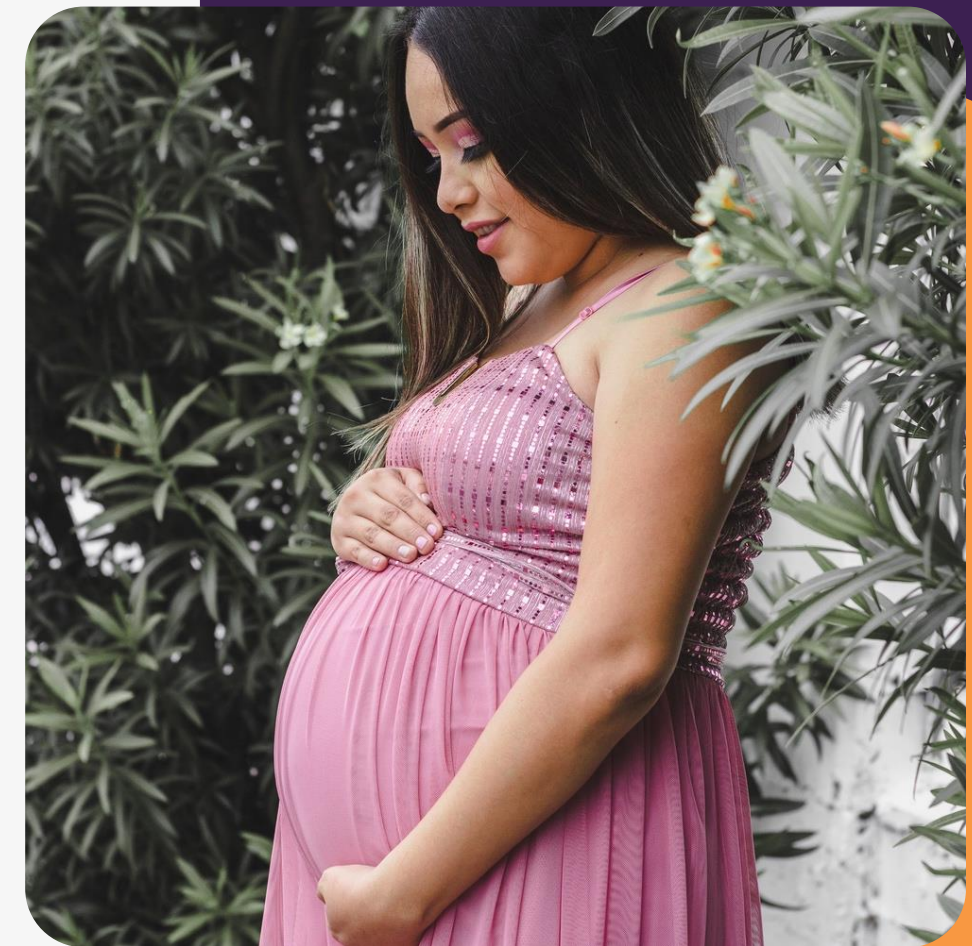


- Information, resources, and support
- Information on education and schools
- Support on teenage and young adult issues
- Child activities
- Tutors
- Daycare searches

# Case Study

An employee contacted work-life services and shared that she is seven (7) months pregnant with her first child. She has been thinking about childcare once she returns to work. She reported living far away from her family. She is unsure if she would like a nanny or a nursery. The employee plans to work part-time for a few months before returning to work full-time; therefore, she seeks a childcare option to offer part-time care before enrolling her child into a full-time program. In addition, she indicated a preference for a childcare center near her office.

**The employee was given a list of three (3) referrals for nannies and nurseries near her office for when she returns to work full-time, and three (3) referrals of child care options who can keep the child part-time for few months.**



# Elder Care Referrals and Support



Tailored searches for accommodation and community resources:

- Residential care and nursing homes
  - Respite care service
  - Day groups
  - Home nursing service
- 
- Support groups
  - Non-profit organizations
  - Information on health conditions such as strokes, Dementia, Alzheimer's and Parkinson's
  - Guidance on determining appropriate care for ageing loved ones

Menopause is a natural phase of life, yet the physical and emotional changes can impact energy, confidence, and wellbeing, including at work. Your EAP offers compassionate, confidential resources to help you navigate this transition with confidence.

Whether you're experiencing perimenopause, menopause, post-menopause, or simply planning ahead, you're not alone, support is available.

- Educational resources on hormonal health, sleep, mood, and symptoms
- Practical strategies for hot flashes, brain fog, anxiety, and fatigue
- Nutrition, lifestyle, and wellness coaching support
- Referrals to menopause-trained providers
- Support groups (virtual and in person)
- Webinars and workshops on midlife wellness
- Tools for communication and workplace accommodations

# MENOPAUSE SUPPORT IN THE WORKPLACE



# Poll

## 2



**What type of pet do you own?**

1. Cat

2. Dog

3. Other (type in chat)

# Pet Care



Pets add so much to our lives. For many of us, pets are an essential part of the family. Your EAP can help with a variety of valuable tools for pet owners and those considering pet ownership, such as location assistance for kennels, obedience training, and dog walkers. Some of our special features and informational resources include:

- Pet Finder Service
- Pet Sitter Locator Service
- Adoption and Selection
- Being an Advocate
- Caring for Pets
- Encouraging Good Behavior
- Nutrition
- Pet Transportation
- Safety

# Financial and Legal Services

Referrals to professionals that offer assistance with:

- Income and expenditure assessment
- Budgeting
- Home loans
- Financial planning and investments
- Money management advice for the future
- Adoption
- Real estate
- Estate planning
- Tax law
- Family law
- Personal injury
- Online information and resources about various financial matters, including purchasing or selling a home, retirement planning, or legal process.



## Legal Assist

- Receive a free 30- minute consultation with an attorney
- Two service options: Telephonic advice or local attorney
- Employee receives a 25% discount on attorney's hourly fees if additional assistance is retained directly
- Support with any legal matter, except for those involving disputes or action between an employee and their employer

# Wellness Portal



## Member Website features include:

- English and Spanish websites available
- Monthly online seminars with archived past sessions
- LiveCONNECT: Instant messaging with specialists; supports translation in 100+ languages
- Seven content divisions: Parenting, Aging, Balancing, Thriving, Living, Working, and International
- Searchable databases for child care, elder care, financial planners, pet sitting, colleges, and volunteer opportunities
- 40 financial calculators available
- Links to Mint.com and CreditKarma.com for personal finance management and credit reports
- Over 8,000 regularly updated articles
- Saving Center: Discount shopping program offering up to 25% off on name-brand goods/services
- Relocation Center: Resources to explore US communities with vital statistics
- Ready-to-use legal forms provided by Nola

Company Code: DART

# Education and Wellness Training



- Monthly Seminars
- Quarterly Leadership Webinars
- Certificate of Attendance (COA)
- Monthly EAP Newsletter
  - Member Edition
  - Leadership Edition
- Learn more about our upcoming events in our newsletters
- Wellness Resources
  - Nutrition, Mindfulness, Sleep, Stress

# NEELY EAP

GET THE MOST FROM YOUR EMPLOYEE ASSISTANCE PROGRAM

JUNE 2023



## WELCOME

We are so pleased to be your employee assistance provider. Employee Assistance Programs (EAPs) are a first-line response to providing prevention and short-term problem resolution services. We provide short-term counseling services, seminars, legal services, and financial advice, all FREE of charge to you. Each month our newsletter will be packed full of wellness information and updates about upcoming seminars and webinars.

24/7 Helpline: 866-212-6096  
For TDD: 800-735-2989  
Email: [admin@neelyeap.com](mailto:admin@neelyeap.com)  
Web: [www.neelyeap.com](http://www.neelyeap.com)



## WELLNESS SEMINAR

Please join us for our live seminar  
"Understanding Workplace Culture"

June 15th @ 3pm

[REGISTER](#)

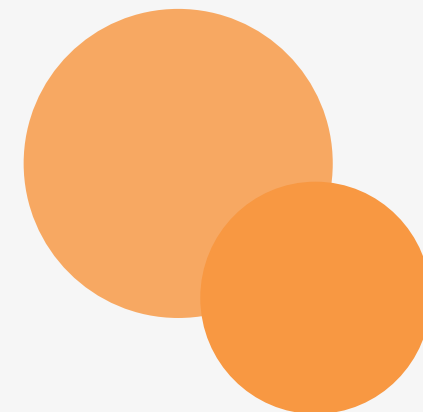
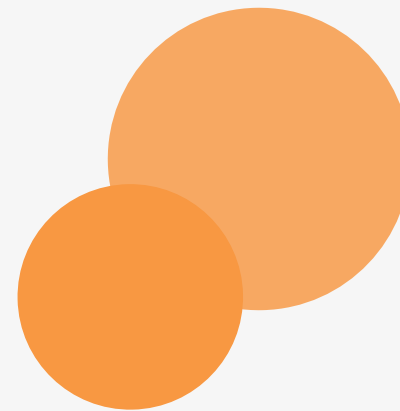
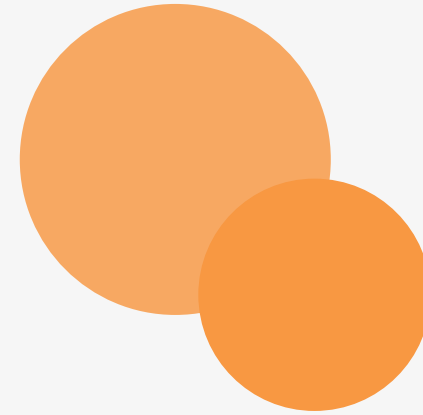
## QUARTERLY WEBINARS

Please join us for our live seminar "To Thyself Be True: Authentic Leadership"

JULY 27TH @ 3pm

[TBD](#)

# Newsletters



# NEELY EAP NEWSLETTER

AUGUST 2023



## WELLNESS SEMINAR

Please join us for our live seminar  
"Communication Strategy's to Reduce Workplace Stress"

AUG 24TH @ 3PM

[REGISTER](#)

## QUARTERLY WEBINAR SERIES

Please join us for our live seminar "Reflective Listening: The Power of Silence"

TBD

[TBD](#)

## LETTER FOR LEADERS

Helpful resources from your EAP

## WELCOME

The leadership newsletter is designed to provide EAP support to supervisors and managers. Making an informal referral (friendly referral) or formal referral can be challenging without training. In addition, the content will educate and promote program features that help leaders focus on the well-being of their employees. EAP services are free and readily accessible to the entire company and their family members.

Toll-Free, 24/7 Helpline:  
866-212-6096  
800-735-2989 TDD  
[neelyeap.com](http://neelyeap.com)



# Poll

# 3



**What is your training preference?**

1. Classroom

2. Online

3. On Demand



## What's in Your Future?

You worked hard to get here. Don't let drugs and alcohol take you off course.



# Training Flyers

Designed to provide tools and resources you can use at work and at home




## 2026 SEMINAR SCHEDULE

### MONTHLY SEMINARS

*Soft Skills That Reduce Workplace Stress*



- 22 JAN Nutrition for a Productive Brain: Eating to Improve Mood, Focus & Stress Tolerance
- 19 FEB Emotional Intelligence in Action: Reading the Room & Responding, Not Reacting
- 19 MAR Time Mastery for Busy Professionals: Prioritizing, Planning & Managing Mental Load
- 23 APR The Art of Difficult Conversations: Staying Calm, Clear & Respectful Under Stress
- 21 MAY Boundaries Without Guilt: Saying "No" and Advocating for Yourself Professionally
- 25 JUN Accountability & Follow-Through: Soft Skills That Build Trust and Reliability
- 23 JUL Stress-Resistant Communication: How to Speak Calm When Others Aren't
- 20 AUG Feedback Without Fear: Giving & Receiving Criticism Like a Pro
- 17 SEP Collaboration & Team Skills: Working With Different Personalities and Workstyles
- 22 OCT Financial Wellness at Work: Money Behaviors That Lower Stress and Improve Focus
- 19 NOV Emotional Survival Toolkit for the Holidays: Triggers, Family Dynamics & Time Boundaries
- 17 DEC From Holiday Burnout to New Year Reset: Motivation, Identity & Consistency

### QUARTERLY LEADERSHIP DEVELOPMENT SERIES

*Soft Skills for Strong Leaders*

- 27 MAR Coaching Instead of Managing: Turning Employees Into High- Performers
- 26 JUN Psychological Safety: Reducing Fear So Employees Think, Speak & Innovate
- 18 SEP Holding People Accountable With Empathy, Clarity & Consistency
- 20 NOV Leading Through Change: Keeping Teams Calm, Motivated & Connected in Stressful Seasons

## 2026 Monthly Training Calendar

## 2026 QUARTERLY LEADERSHIP SEMINAR SCHEDULE

### QUARTERLY LEADERSHIP DEVELOPMENT SERIES

*Soft Skills for Strong Leaders*

- 27 MAR Coaching Instead of Managing: Turning Employees Into High- Performers
- 26 JUN Psychological Safety: Reducing Fear So Employees Think, Speak & Innovate
- 18 SEP Holding People Accountable With Empathy, Clarity & Consistency
- 20 NOV Leading Through Change: Keeping Teams Calm, Motivated & Connected in Stressful Seasons

## 2026 Quarterly Leadership Series

# Certificate of Attendance



## Certificate of Attendance



This is to certify that

**Horatio Neely**

Has completed on January 18, 2024

**Eating for Confidence and Success**

Represents 1 hour CE credit by Accredited Organisation

*Gabriela Rivera*

Instructor: Gabriela Rivera, Functional  
Nutritionist



Tamper Proof



# Secure the Wheel



- Emergency cab fare reimbursement
- Taxi or rideshare of your choice
- Employee and family members
- Up to \$50 reimbursement
  - Excludes tips, fees, or surcharges
- Please email [admin@neelyeap.com](mailto:admin@neelyeap.com) to receive a reimbursement form



# Critical Incident Stress Debriefing (CISD)

---

- Critical incident: any unexpected event that produces intense emotional reactions that could interfere with work performance.
- Leadership receives support with:
  - Traumatic Workplace events
    - Office shooting
    - Suicide
  - Natural disasters
- Neely EAP will provide on-site or virtual support within four (4) hours to the employee(s) affected (directly or indirectly) by the event.

# Flourish Features

## Aware

- Mindfulness program
- Personalized approach
- Six (6) weekly sessions

## Life Coaching

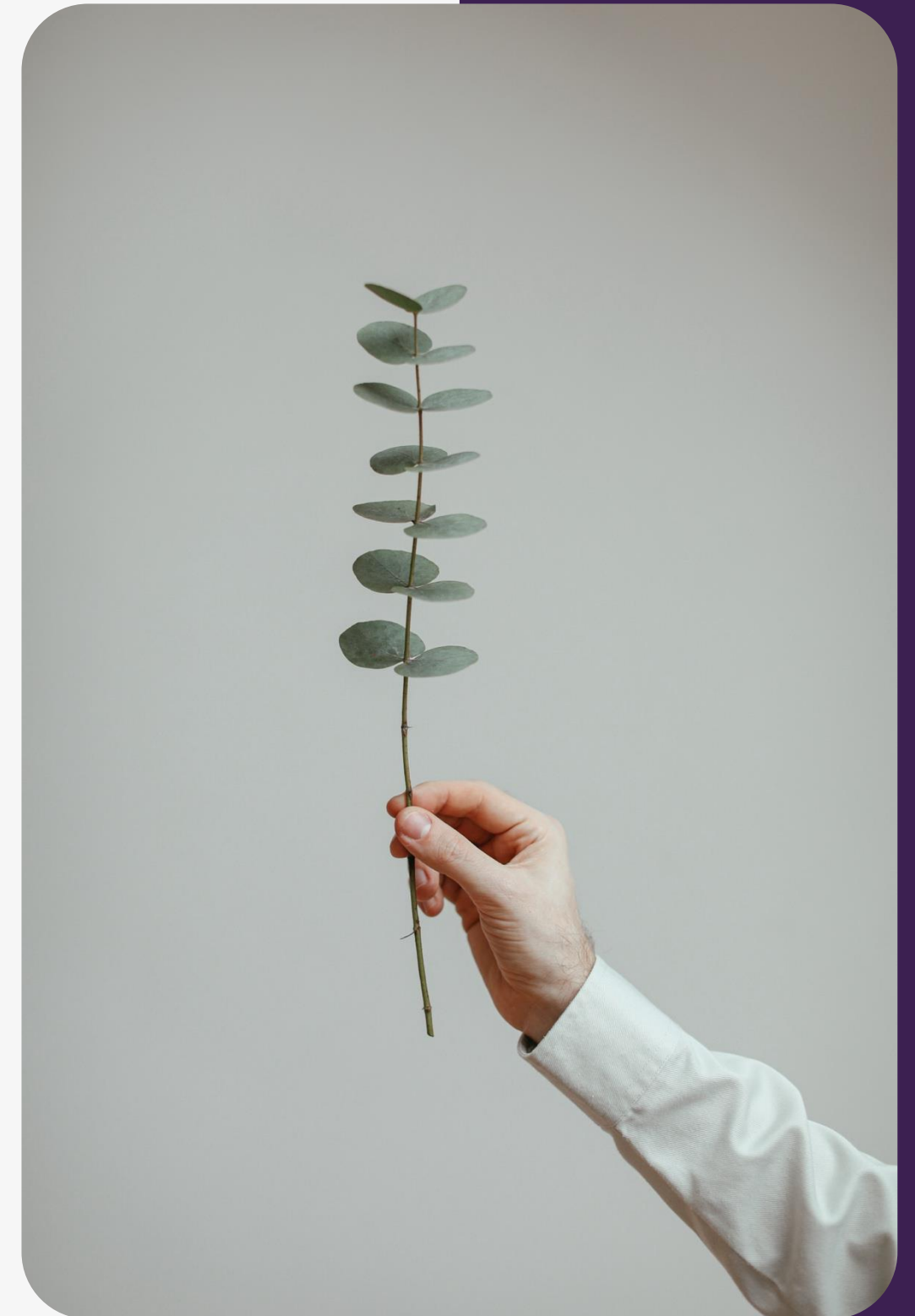
- Certified telephonic coaches
- Personal development
- Offered in a six (6) session model

## Computerized Cognitive Behavioral Therapy (cCBT)

- Self-help program to address anxiety, stress and depression
- Seven online computer-based training sessions
- cCBT participants have unlimited access to program for six months

## Nutritional Wellness Program

- Access to a certified Functional Nutritionist
- 25% off on laboratory testing and nutritional packages
- The opportunity to create an eating plan tailored to your lifestyle and body type.



# Manager Assist

## Referral Support:

- Informal referral "friendly referral"
- Formal referral
  - Policy development/support
  - Coaching and direction on the process

## Guidance on topics:

- Attendance concerns
- Employee performance issues
- Interpersonal conflict
- Substance abuse
- Building team morale
- Feelings about transitioning to a new role



# Access EAP Services



## Access to confidential 24-hour telephone line

- 866-212-6096
- 800-735-2989 (TDD)



## Balancy

- Smartphone app for easy access
- Engage in your benefits through phone, instant messaging, and video options
- AI features provide personalized recommendations
- **Code: 408314**



## Member Website

- [neelyeap.helpwhereyouare.com](https://neelyeap.helpwhereyouare.com)  
*Company Code: dart*
- Register for Seminars and view On-Demand content
- Download forms and read articles
- LiveCONNECT, Real Messaging Service, response within 2 hours



## Orientation Page

- <https://neelyeap.com/dart>
- Download flyers
- Recorded EAP orientation
- Explore additional EAP features

# Balancy

*Managing work, family, and everyday life can feel overwhelming, you don't have to do it alone.*

---

With the Balancy App, you'll have 24/7 mental-health and wellness support right at your fingertips.

## **WHAT YOU CAN DO INSIDE THE APP**

- Track mood and energy while receiving personalized stress-relief tools
- Access calming exercises, meditations, sleep support, and daily recharge reminders
- Build confidence, communication, and resilience skills—and connect to EAP counseling

## **CREATED TO MAKE WELL-BEING REALISTIC**

- 100% confidential — your employer never sees personal activity or data
- No long sessions or extra appointments required
- Simple, practical tools that fit your schedule anytime, anywhere



# Orientation Files



Service Flyers



Vignettes



Orientation Webpage



One Page Summary

# One Page Summary English



#### What does my EAP include?

**ACCESS TO 24/7.** Our services are available 24/7. We are staffed to support incoming calls at night, on weekends, and holidays. Services are offered in English and Spanish. We offer *In The Moment Counseling* for urgent issues. We provide an ADA-compliant telephone line.

**Counseling Services.** 1 to 8 *Free, confidential*, In-person, and Virtual sessions of structured counseling per employee/family member per issue per year; available modes of counseling: telephonic, face-to-face, or online (video.) All services are available for household family members.

**Flourish Features.** Helping your mental health flourish with services that go beyond counseling! Explore Computerized Cognitive Behavioral Therapy (cCBT), our AWARE mindfulness program, and Life Coaching designed for everyday growth.

**Legal and Financial Support.** We contract with a nationwide network of service providers to provide consultation to employees regarding their legal and financial concerns.

**Member Website.** Our website features comprehensive resource articles, assessments, and audio/video files. The site also covers emotional well-being, health and wellness, workplace issues, child care, elder care, adoption, and educational content. Online Resources that support different languages (Spanish) and access to assessments, seminars, and live chat (LiveCONNECT.)

**Newsletters.** Monthly employee and supervisor newsletter with wellness articles and other resources. In addition, the newsletter will allow employees to register for upcoming events.

**Nutritional Wellness Program.** Professional consultations to help improve diet and lifestyle habits. A Certified Functional Nutritionist will assess eating patterns, address concerns, and answer questions to support healthy change. Initial consultation is complimentary.

**Secure the Wheel.** Emergency cab fare reimbursement for situations when you're unable to drive yourself.

**Wellness App.** Balancy, allows users to engage with a counselor via phone, video, instant messaging, or SMS text, serving as both an access and delivery tool.

**Wellness Training/Development.** Onsite and live online training for employees and supervisors. The training topics are derived from seven core themes related to workplace well-being, including Leadership and Development. Close Captions added to all video content.

**Work-life resources.** Our work-life consultation and resource service provides practical assistance around a wide variety of issues, including but not limited to Child Care, Elder Care, Pet Support, and Daily Living Resources.

#### Access Neely EAP Services

Your Employee Assistance Program (EAP) provider is **Neely EAP**. We understand that dealing with stressors in your personal and family life, as well as work-related stress, can be challenging. That's why **DART** has partnered with Neely EAP to provide Employee Assistance Program services for you. We offer several convenient ways for you to access your free and confidential support.



All benefits can be accessed by calling our 24/7 helpline

- 866-212-6096
- 800-735-2989 (TDD)



Member Website

- [neelyeap.helpwhereyouare.com](http://neelyeap.helpwhereyouare.com)  
Company Code: DART
- Register for Seminars and view On-Demand content
- Download forms and read articles
- LiveCONNECT, Real Messaging Service, response within 2 hours



Balancy

- Smartphone app for easy access
- Engage in your benefits through phone, instant messaging, and video options
- AI features provide personalized recommendations
- Access Code: 408314



Orientation Page

- [www.neelyeap.com/DART](http://www.neelyeap.com/DART)
- Download flyers
- Recorded EAP orientation
- Explore additional EAP features



# Service Flyers

Resources For Total Wellbeing  
**AWARE: A MINDFULNESS PROGRAM**

**FEATURES:**

- Six telephonic sessions with an Aware specialist who is trained in mindfulness.
- An individualized practice plan, tailored to your needs.
- Opportunity to experience and learn mindfulness exercises within each scheduled session.
- Electronic resources such as a practice plan journal, guided practice exercises and an additional resource guide.



The Aware mindfulness program helps you learn to meaningfully engage in the present moment. It offers a research-based approach to stress management, which is derived from some of the world's leading experts in the field.

A specially trained Aware specialist will guide you through a step-by-step process to learn the skills you need to reduce stress, emphasize the present, establish greater mind-body balance and increase overall wellbeing.

**TOLL-FREE: 866-212-6096**  
**WEBSITE: <https://neelyeap.helpwhereyouare.com>**  
**COMPANY CODE: XXXX**

AWARE Flyer

**BALANCY**  
Your Well-Being, One Tap Away

Managing work, family, and everyday life can feel overwhelming, you don't have to do it alone.

With the Balancy App, you'll have 24/7 mental-health and wellness support right at your fingertips.

**100% CONFIDENTIAL**  
Your employer will never see individual app activity, mood logs, or personal information.

**WHAT YOU CAN DO INSIDE THE APP**

- Track your mood and energy levels
- Learn personalized stress-relief tools
- Access calming exercises, meditations & sleep support
- Receive daily reminders to recharge emotionally
- Explore micro-skills for confidence, communication & resilience
- Connect with your Employee Assistance Program (EAP) for counseling support

**CREATED TO MAKE WELL-BEING REALISTIC**

No long sessions.  
No extra appointments.  
Just simple, practical tools that fit your busy schedule, anytime, anywhere.


**TOLL-FREE: 866-212-6096**  
**WEBSITE: <https://neelyeap.helpwhereyouare.com>**  
**COMPANY CODE: XXXX**

Balancy Flyer

Resources For Total Wellbeing  
**COMPUTERIZED COGNITIVE BEHAVIORAL THERAPY**

**KEY BENEFITS OF THE CCBT PROGRAM INCLUDE:**

- An alternative way of receiving counseling, ideal for people used to accessing services online.
- Effective for mild to moderate levels of stress, anxiety and depression.
- Helps to improve quality of life, both in and away from the workplace.



You now have a new way to obtain counseling through your Employee Support Program. For support with issues such as anxiety, stress, and depression, you can access computerized Cognitive Behavioral Therapy (cCBT). Weekly, online interactive sessions teach you how to apply CBT concepts to change the way you think about and perceive events, resulting in an improvement to your personal well-being, family relationships, and work and social roles.

The confidential cCBT program\* comprises seven sessions offered online over seven weeks. A qualified counselor will track your progress and guide you throughout via email and telephone support. Easy to use, with a personalized registration and login, this seven-week program utilizes video and multimedia to enhance your online experience.

**TOLL-FREE: 866-212-6096**  
**WEBSITE: <https://neelyeap.helpwhereyouare.com>**  
**COMPANY CODE: XXXX**

cCBT Flyer

**CRITICAL INCIDENT STRESS DEBRIEFING (CISD) SUPPORT**  
Rapid Response • Clinical Expertise • Compassionate Care



**SERVICES AVAILABLE**

We offer a full spectrum of post-incident care:

- Onsite and virtual group debriefings
- Individual crisis counseling
- Telephonic crisis support
- Management consultation
- Information briefings for staff
- Follow-up support as needed

**OUR APPROACH**

Our mission is to reduce psychological casualties and restore workplace functioning. Services are tailored to organizational needs and clinical appropriateness.

We focus on:

- Psychological First Aid
- Practical and emotional support
- Promoting resilience and natural coping
- Preventing long-term trauma effects

**WHAT WE RESPOND TO**

We have experience supporting organizations after:

- Employee deaths
- Violence in the workplace
- Accidents or injuries
- Natural disasters
- Terror attacks
- Lay-offs or restructuring
- Events that cause psychological distress


**TOLL-FREE: 866-212-6096**  
**WEBSITE: <https://neelyeap.helpwhereyouare.com>**  
**COMPANY CODE: XXXX**

Critical Incident Stress Debriefing Flyer

Employee Assistance Program  
**FINANCIAL ASSIST**

**FEATURES AVAILABLE:**

- Free consultation with a financial counselor for you or your family members.
- No appointment needed during regular business hours Monday through Friday.
- Online financial calculators, library of articles, and do-it-yourself tools to manage finances.
- Online Will — through a series of questions and prompts, employees can create basic, legally valid wills, quickly and easily.



If you have questions about a financial issue, speaking with an expert can help. Your EAP provides you with free consultations on everything from credit and debt, to purchasing a home, or saving for retirement. Experts are available without an appointment during regular work hours.

We also offer a full selection of online financial articles, financial calculators, and other tools to help you get the answers you need.

**TOLL-FREE: 866-212-6096**  
**WEBSITE: <https://neelyeap.helpwhereyouare.com>**  
**COMPANY CODE: XXXX**

Financial Assist Flyer

Employee Assistance Program  
**LEGAL AND FINANCIAL**

**LEGAL ASSIST**

Free half-hour consultation with an attorney on most legal issues. In most cases, discounted rates are available if further legal representation is required.

**FINANCIAL ASSIST**

Free telephonic consultation with a financial professional on common topics such as:

- Avoiding, responding to, and correcting identity theft
- Budgeting
- Buying a home
- Managing credit
- Saving for special purchases or life events (car, holidays, college, wedding)

**LEGAL/FINANCIAL CENTER**

When a legal issue, financial matter, or an instance of identity fraud disrupts your life, it can create substantial stress for you and your family. To help minimize the impact, your employee support program will assist you with managing the many complexities of these events. Through professional consultation, these programs can save you time, while providing valuable information and peace of mind.

**TOLL-FREE: 866-212-6096**  
**WEBSITE: <https://neelyeap.helpwhereyouare.com>**  
**COMPANY CODE: XXXX**

Legal Assist Flyer

Employee Assistance Program  
**MEMBER WEBSITE**

**FEATURES AVAILABLE:**

- Comprehensive library of topics including relationships, communication, emotional resilience, wellness, career, consumer tips, and more.
- Direct access to experts through instant messaging.
- Seven Content Divisions: Parenting, Aging, Balancing, Thriving, Working.

**CONNECT TO RESOURCES AND EXPERTS ONLINE**

We often say that our services go beyond counseling.

Our website features comprehensive resource articles, assessments, and audio and video files mcovering emotional well-being, health and wellness, workplace issues, child care, elder care, adoption, and education. The site offers options to instant message with or email our experts or browse a robust library of articles and resources to support your well-being at every stage of life.

Resources and support are right at your fingertips with Neely EAP.

**TOLL-FREE: 866-212-6096**  
**WEBSITE: <https://neelyeap.helpwhereyouare.com>**  
**COMPANY CODE: XXXX**

Member Website Flyer

Resources For Total Wellbeing  
**PART OF THE FAMILY...**  
*Because Your Loving Pet Deserves Support Too*



Pets add so much to our lives. For many of us, pets are an important part of the family. Your EAP can help with a variety of useful tools for pet owners, as well as those considering pet ownership, such as location assistance for kennels, obedience training, and dog walkers.

Some of our special features and informational resources include:

- Pet Finder Service
- Pet Sitter Locator Service
- Adoption and Selection
- Being an Advocate
- Caring for Pets
- Encouraging Good Behavior
- Nutrition
- Pet Transportation Safety

**ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.**

**TOLL-FREE: 866-212-6096**  
**WEBSITE: <https://neelyeap.helpwhereyouare.com>**  
**COMPANY CODE: XXXX**

Pet Care Flyer

**SECURE THE WHEEL**  
Employee Assistance Program

**NEAP PROGRAM**

The Neely Employee Assistance Program (NEAP) is an employer-sponsored benefit designed to support employee mental health while fostering a positive, productive work environment. NEAP focuses on the well-being of employees and recognizes how personal decisions can impact both the workplace and family life.

Through a comprehensive range of services, NEAP helps reduce stress, improve morale, increase productivity, lower turnover and FMLA utilization, and strengthen your organization's overall performance.

**SECURE THE WHEEL**

NEAP will reimburse EAP participants for cab fare (rideshare of their choice) in the event they are unable to operate their vehicle.

**Impairment to drive could be related to alcohol, substance, or severe emotional condition.**

This program is only available to employees and family members.

The service is available once per year per participant with a maximum reimbursement of \$50.

Note: The following pay items are not reimbursable: tips, fees, or surcharges.

**WHAT'S INCLUDED**

- Emergency Cab Fare Reimbursement
- Taxi or Ride Share of Your Choice
- Employee and Family Members
- Up To \$50 Reimbursement

Excludes Tips, Fees, or Surcharges.

**Access Service: Call 866-212-6096**  
**Visit: [neelyeap.com](https://neelyeap.helpwhereyouare.com)**


NEAP Benefit © 2023 © Neely EAP, PLLC. Confidential and Proprietary. All Rights Reserved.

Secure the Wheel Flyer

Real-Time Support For Real Living  
**WORK LIFE SERVICES**

**FEATURES INCLUDE:**

- Toll-free 24/7 telephonic access.
- Custom research matching local resources and providers to your specific needs.
- Support for you, as well as those in your family and/or household.
- Follow-up to be sure that the assistance met your complete satisfaction.



To help you make time for what matters most, you and your family have access to experts on child and elder care topics and skilled researchers to provide support for any work, personal, or everyday matter that's important to you and your family. We'll discuss your concerns, provide information on options, and then conduct research to find local resources to help you implement your action plan.

**TOLL-FREE: 866-212-6096**  
**WEBSITE: <https://neelyeap.helpwhereyouare.com>**  
**COMPANY CODE: XXXX**

Work Life Services

# One Page Summary En español



Dallas Area Rapid Transit

## PROGRAMA DE ASISTENCIA AL EMPLEADO

### Resumen de Beneficios

#### ¿Qué incluye mi EAP?

**24/7 ACCESO.** Nuestros servicios están disponibles 24 horas del día, 7 días de la semana. Tenemos personal para atender las llamadas entrantes por la noche, los fines de semana y los días festivos. Los servicios se ofrecen en inglés y español. Ofrecemos asesoramiento inmediato para cuestiones urgentes. Disponemos de una línea telefónica que cumple con la ADA.

**Servicios de consejería de salud mental.** De 1 a 8 sesiones gratis, confidenciales, en persona y virtuales de consejería por empleado/miembro de la familia por problema por año; modos de consejería disponibles: telefónica, en persona o en Internet (vídeo). Todos los servicios están disponibles para los miembros de la familia del hogar.

**Características destacadas.** ¡Ayudamos a mejorar tu salud mental con servicios que van más allá del consejería! Descubre la terapia cognitivo-conductual computarizada (cCBT), nuestro programa de mindfulness AWARE y el coaching personal diseñado para el crecimiento diario. Entre sesiones de asesoramiento y asistencia legal.

**Apoyo legal y financiero.** Tenemos un contrato con unas redes de proveedores de servicios a nivel nacional para ofrecer consultas a los empleados sobre sus preocupaciones legales y financieras.

**Sitio web para miembros.** Nuestro sitio web ofrece artículos con recursos completos, evaluaciones y archivos de audio/vídeo. El sitio también cubre temas de bienestar emocional, salud y bienestar, problemas en el lugar de trabajo, cuidado de niños, cuidado de personas mayores, adopción y contenido educativo. Recursos en línea que admiten diferentes idiomas (español) y acceso a evaluaciones, seminarios y chat en vivo (LiveCONNECT).

**Boletines informativos.** Boletín mensual para empleados y supervisores con artículos sobre bienestar y otros recursos. Además, el boletín permitirá a los empleados inscribirse en los próximos eventos.

**Programa de bienestar nutricional.** Consultas profesionales para ayudar a mejorar los hábitos alimenticios y de estilo de vida. Un nutricionista certificado evaluará los patrones alimenticios, abordará las inquietudes y responderá preguntas para apoyar un cambio saludable. La consulta inicial es gratis.

**Asegura el volante.** Reembolso de tarifas de taxi de emergencia para situaciones en las que no puedas conducir tú mismo.

**Aplicación de bienestar.** Balancy permite a los usuarios comunicarse con un consejero por teléfono, vídeo, mensajería instantánea o SMS, y sirve como herramienta de acceso y entrega.

**Formación/desarrollo en bienestar.** Sesiones de aprendizaje in situ y por Internet para empleados y supervisores. Los temas de formación se derivan de siete temas centrales relacionados con el bienestar en el lugar de trabajo, entre los que se incluyen el desarrollo y el liderazgo. Se han incluido subtítulos en todos los contenidos de vídeo.

**Recursos para la vida profesional y personal.** Nuestro servicio de consulta y recursos para la vida profesional y personal ofrece asistencia práctica en una gran variedad de cuestiones, entre las que se incluyen, el cuidado de los hijos, el cuidado de personas mayores, el apoyo para mascotas y los recursos para la vida diaria.

#### Acceda a los servicios de Neely EAP

Su proveedor del Programa de Asistencia al Empleado es **Neely EAP**. Entendemos que lidiar con los factores estresantes de su vida personal y familiar, así como con el estrés relacionado con el trabajo, puede ser un reto. Por eso, **DART** se ha asociado con Neely EAP para ofrecerle los servicios del Programa de Asistencia al Empleado. Le ofrecemos varias formas cómodas de acceder a nuestro apoyo gratuito y confidencial.



**Puede acceder a todas las ventajas llamando a nuestra línea de asistencia 24/7.**

- 866-212-6096
- 800-735-2989 (TDD)



**Sitio Web para Miembros**

- [neelyeap.helpwhereyouare.com](https://neelyeap.helpwhereyouare.com)
- Código de la empresa: DART
- Inscribese en seminarios y vea contenido bajo demanda.
- Descargue formularios y lea artículos.
- LiveCONNECT, servicio de mensajería real, respuesta en 2 horas.



**Balancy**

- Aplicación para teléfonos de fácil acceso.
- Acceda a sus beneficios a través del teléfono, la mensajería instantánea y las opciones de vídeo.
- Las funciones de IA proporcionan recomendaciones personalizadas.
- **Código de Acceso: 408314**



**Página de Orientación**

- [www.neelyeap.com/DART](https://www.neelyeap.com/DART)
- Descargar folletos
- Orientación grabada sobre el EAP
- Explore las funciones adicionales del EAP



# Folletos de servicios

Programa de Apoyo Al Empleado  
**ASISTENCIA FINANCIERA**

**CARACTERÍSTICAS DISPONIBLES:**

- Consulta gratuita con un asesor financiero para usted o sus familiares.
- No se necesita cita durante el horario laboral habitual de lunes a viernes.
- Calculadoras financieras en Internet, biblioteca de artículos y herramientas para gestionar las finanzas por cuenta propia.
- Testamento en Internet: a través de una serie de preguntas y indicaciones, los empleados pueden crear testamentos básicos y legalmente válidos de forma rápida y sencilla.

Si tiene preguntas sobre un tema financiero, hablar con un experto puede ayudarlo. Su programa de apoyo al empleado le ofrece consultas gratuitas sobre todo tipo de temas, desde créditos y deudas hasta la compra de una vivienda o el ahorro para la jubilación. Los expertos están disponibles sin cita previa durante el horario laboral habitual.

También ofrecemos una selección completa de artículos financieros en línea, calculadoras financieras y otras herramientas para ayudarlo a obtener las respuestas que necesita.

NÚMERO GRATUITO: 866-212-6096  
SITIO WEB: <https://neelyeap.helpwheresome.com>  
CÓDIGO DE LA EMPRESA: XXX



Asistencia Financiera

Programa de Apoyo Al Empleado  
**ASISTENCIA LEGAL Y FINANCIERA**

**ASISTENCIA LEGAL**  
Consulta de media hora gratis con un abogado sobre la mayoría de los asuntos legales. En la mayoría de los casos, hay descuentos disponibles si necesita representación legal adicional.

**ASISTENCIA FINANCIERA**  
Consulta telefónica gratis con un profesional financiero sobre temas comunes como:

- Cómo evitar, responder y corregir el robo de identidad.
- Elaboración de presupuestos.
- Compra de una casa.
- Administración del crédito.
- Ahorro para compras especiales o acontecimientos importantes (coche, vacaciones, universidad, boda).

**CENTRO LEGAL/FINANCIERO**  
Fácil acceso a información legal y financiera esencial, formularios legales descargables y personalizables, y recursos en Internet para el control del crédito y herramientas de gestión de las finanzas personales.

Cuando un problema legal, una cuestión financiera o un caso de fraude de identidad afectan a su vida, pueden generar un estrés considerable para usted y su familia. Para ayudar a minimizar el impacto, el programa de apoyo al empleado le ayudará a gestionar las numerosas complicaciones de estos eventos. A través de consultas profesionales, estos programas pueden ahorrarle tiempo, a la vez que proporcionan información valiosa y tranquilidad.

NÚMERO GRATUITO: 866-212-6096  
SITIO WEB: <https://neelyeap.helpwheresome.com>  
CÓDIGO DE LA EMPRESA: XXX



Asistencia Legal

**SERVICIOS DE BIENESTAR NUTRICIONAL**  
Recursos de Bienestar

**ÁREAS DE ESPECIALIZACIÓN:**  
Reciba ayuda de un nutricionista certificado en una variedad de cuestiones, entre las que se incluyen:

- Fatiga suprarrenal.
- Enfermedades autoinmunes.
- Salud digestiva.
- Síndrome metabólico.
- Presaberes y diabetes.
- Pérdida/aumento de peso.

**CARACTERÍSTICAS PRINCIPALES**

- Consulta inicial complementaria con un nutricionista certificado para evaluar sus hábitos dietéticos y su estado de salud.
- 25% de descuento en todas las pruebas de laboratorio y paquetes nutricionales.
- Acceso a una aplicación móvil que cumple con la HIPAA con recursos y un diario alimenticio privado.

¿CÓMO PUEDEN AYUDARME LOS SERVICIOS DE BIENESTAR NUTRICIONAL?  
Los servicios de bienestar nutricional son un servicio profesional de asesoramiento nutricional que puede ayudarlo a realizar cambios positivos en su dieta y estilo de vida. Un nutricionista funcional certificado evaluará sus hábitos alimenticios, identificará sus preocupaciones dietéticas y responderá a sus preguntas para ayudarlo en su camino. La consulta inicial es gratuita.

Para Participar en el Servicio, Llame al: 830-255-7644  
Haga clic aquí para programar una cita en línea!



Servicios de Bienestar Nutricional

**Asegure La Rueda**  
Programa de Asistencia al Empleado

**NUESTRO PROGRAMA**  
El Programa de Asistencia al Empleado de Neely (NEAP) es un beneficio que se ofrece a los empleados para apoyar su salud mental y crear un entorno de trabajo positivo.

El NEAP se preocupa por sus empleados y por cómo sus decisiones pueden afectar a su empresa y a sus familias, por lo que ofrecemos una amplia gama de beneficios para ayudar a reducir el estrés, mejorar la moral, aumentar la productividad, reducir las tasas de rotación y las reclamaciones de la FMLA, y mejorar los resultados de su empresa.

**ASEGURE LA RUEDA**  
El NEAP reembolsará a los participantes del EAP el coste del taxi (o del servicio de transporte compartido que elijan) en caso de que no puedan manejar su vehículo.

La incapacidad para conducir puede estar relacionada con el alcohol, las drogas o un estado emocional grave. Este programa solo está disponible para empleados y familiares.

El servicio está disponible una vez al año por participante, con un reembolso máximo de 50 dólares.

**Nota: Los siguientes conceptos no son reembolsables: propinas, tasas o recargos.**

Acceso Al Servicio: Llame 866-212-6096  
Visite: [neelyeap.com](https://neelyeap.com)

© 2020 Neely EAP, PLLC. Confidencialidad y de propiedad exclusiva. Todos los derechos reservados.



Asegure La Rueda

# Demonstrations And Vignettes

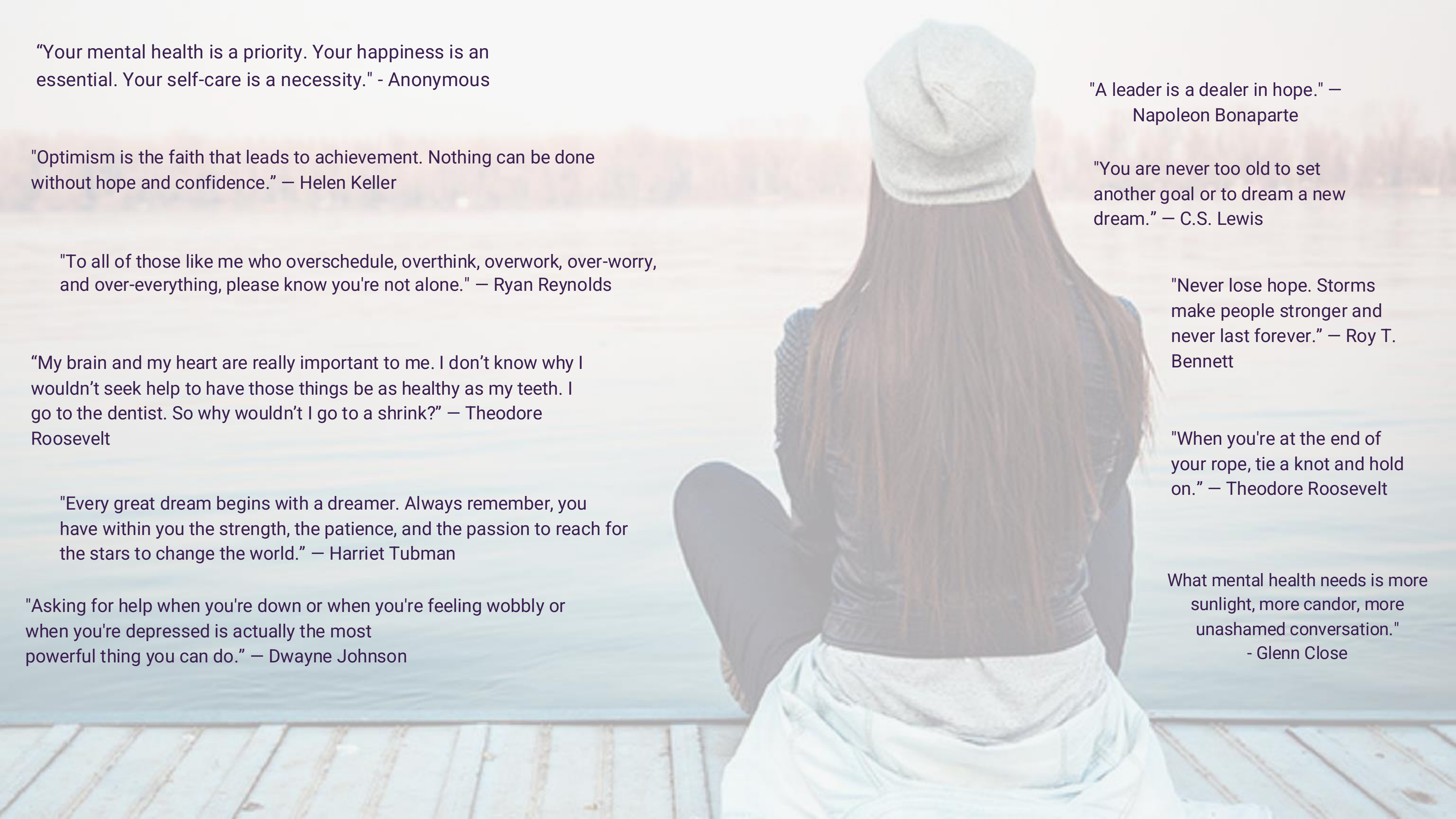


[Balancy](#)

[EAP  
Orientation](#)

[Legal Forms](#)

[Wellness  
Resources](#)



"Your mental health is a priority. Your happiness is an essential. Your self-care is a necessity." - Anonymous

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." — Helen Keller

"To all of those like me who overschedule, overthink, overwork, over-worry, and over-everything, please know you're not alone." — Ryan Reynolds

"My brain and my heart are really important to me. I don't know why I wouldn't seek help to have those things be as healthy as my teeth. I go to the dentist. So why wouldn't I go to a shrink?" — Theodore Roosevelt

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world." — Harriet Tubman

"Asking for help when you're down or when you're feeling wobbly or when you're depressed is actually the most powerful thing you can do." — Dwayne Johnson

"A leader is a dealer in hope." — Napoleon Bonaparte

"You are never too old to set another goal or to dream a new dream." — C.S. Lewis

"Never lose hope. Storms make people stronger and never last forever." — Roy T. Bennett

"When you're at the end of your rope, tie a knot and hold on." — Theodore Roosevelt

What mental health needs is more sunlight, more candor, more unashamed conversation."  
- Glenn Close

**Thank  
You**

**Q & A**

