

Addiction is treatable.



Our country is in the middle of a devastating addiction crisis that is killing Americans at an alarming rate and tearing families and communities apart. The scariest part: nobody is immune.

As part of your New Directions EAP (Employee Assistance Program), we're excited to announce that we're giving you and your employees access to [Shatterproof's Just Five](#) learning modules - which include short, impactful and easy-to-access educational resources designed to give important facts and information about substance use disorders.

In these five-minute modules, you'll learn answers to important questions like:

- **What is addiction?**
- **What are the key risk factors for addiction?**
- **Do I have a problem? Does a loved one?**
- **What are the safest practices for pain management?**
- **How do I find trustworthy help?**
- **Can a person live a full and happy life in recovery from addiction?**

Use of this program is voluntary and confidential. No registration is required.

If you or someone in your family needs to speak with a licensed clinician, please call the **EAP Support Line at 800-624-5544**.

Start learning today.

justfive.org/newdirections

For the latest news and resources on the **COVID-19** pandemic, log in to the EAP page of NDBH.com using your company passcode. Then visit the:

- [COVID-19 resource library](#)
- [Health resource library](#)

