



EMPLOYEE ASSISTANCE PROGRAM

Drive retention and engagement with the best mental health and life services on the market. From personalized resources to Certified Coaching and Counseling, NexGen EAP supports your employees through every stage of life.



CERTIFIED COACHING & COUNSELING

Up to 8 sessions with mental health professional or life coach via in-person, phone, video, web, text, and chat.

PERSONALIZED RESOURCES

Connect to thousands of wellness resources including podcasts, articles, assessments, videos, activities, and so much more.

MINDFULNESS & MEDITATION

Masterclasses on mental wellness and a video content library full of educational videos, guided meditations, and exercises for the mind.

MENTAL HEALTH IN AMERICA

- **20.78%** of adults experience a mental illness.
- **5.44%** have experienced a severe mental illness.
- **15.35%** of adults report having a substance use disorder in the last year.
- **6.82%** of adults in America had an illicit drug use disorder in the past year.
- **10.96%** of adults in America had an alcohol use disorder in the past year.
- The percentage of adults reporting serious thoughts of suicide is **4.84%**.
- **16.39%** of youth (12-17) reported suffering from at least one major depressive episode (MDE) in the past year.
- **6.34%** of youth in the U.S. reported a substance use disorder in the past year.
- **2.85%** had alcohol use disorder in the past year, while **4.85%** had an illicit drug use disorder.
- **11.5%** of youth experience severe major depression.

Source: 2023 The State of Mental Health in America Report

BENEFITS OF NEXGEN EAP

- 01 Productivity Improvement
- 02 Reduced Absenteeism
- 03 Lowered Health Care Utilization/Costs
- 04 Improved Retention
- 05 Reduced Use of Sick Leave
- 06 Reduced Accidents at Work



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FEATURES & SERVICES

Certified Coaching & Counseling

NexGen EAP's coaching is there to help for those little annoyances that seem silly to stress about, for those big, overwhelming feelings, for the changes you want to make in your life, and for everything else, our certified mental health first aid and life coaches can help. The coach works with you to build skills to better cope with challenges and will stick by your side to keep you on track. Our self-scheduling platform allows the member to easily schedule appointments when and how it is convenient for them.

- 24/7 Access & Mobile App
- e-Learning Courses
- Financial & Legal Consultations
- Personalized Tools & Resources
- Management Consultations
- Wellness Support & Services
- Exclusive Employee Discounts
- Health Advocacy
- Organizational Training
- Mindfulness Training
- Virtual Concierge Services
- On-site Trauma Response*
- DOT-SAP Services*
- Telehealth Services*

**Services listed above that are highlighted in blue are optional, add-on services that are not included.*

WHAT OUR MEMBERS ARE SAYING



“My first session with Alison went very well. I'm so glad she listened to me and didn't just say well you're not the problem. She needs a raise!”

“Chari-Lynn is amazing and I love this program!”

“My coworker went through this program and couldn't stop talking about how helpful it was. I'm so glad I decided to try it for myself”



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