








NS EAP
Employee Assistance Program

PROGRAM	DESCRIPTION
 <p>Employee Assistance Program</p>	<ul style="list-style-type: none"> • Assistance for employees and their covered dependents suffering with Substance Use Disorders • Promotes living and working in a safe drug and alcohol-free environment • Through EAP Representatives, you and your family can access a variety of DARS services: <ul style="list-style-type: none"> ○ Alcohol and drug treatment ○ Local program information, in-network treatment centers ○ Community support groups such as Alcoholics or Narcotics Anonymous • Training – Supervisor Training on Signs and Symptoms, onsite outreach on EAP programs
 <p>Peer-to-Peer Program</p>	<ul style="list-style-type: none"> • The program’s purpose is to: <ul style="list-style-type: none"> ○ Promote an alcohol and drug free workplace ○ Promote healthier lifestyles ○ Educate co-workers to recognize at-risk behaviors ○ Reduce alcohol and drug rule violations • Peer-to-Peer program is a network of employee volunteers who support and promote NS employees impacted by drugs and alcohol in the workplace through awareness and education. • Services provided by a Peer-to-Peer Coordinator are always completely CONFIDENTIAL • Working with a Peer-to-Peer Coordinator is not the same as entering the NS DARS program • Qualities of a P2P volunteer: Good spokesperson supportive of the message of a drug and alcohol free workplace; Natural Leader; Motivated to help others; Does not have an active drug/alcohol use disorder; Endorsed by their leadership for the volunteer role
 <p>Critical Incident Stress Plan</p>	<ul style="list-style-type: none"> • Assistance for employees directly involved in a critical incident –supervisors are encouraged to refer involved employees to the EAP. Employees may call EAP directly. • Counseling, guidance, and support services from trained Employee Assistance Professionals • Psychological first aid post critical incident
 	<ul style="list-style-type: none"> • WellNS offers programs that focus on the overall well-being of NS employees: <ul style="list-style-type: none"> ○ Financial Well-Being programs include 401K, Health Savings Accounts, Flexible Spending Accounts, and PerkSpot discounts ○ Physical Well-Being programs include WW (previously Weight Watchers); discounts on gym memberships through Globalfit; tobacco cessation programs ○ Mental/Emotional Well-Being programs include our Drug and Alcohol Rehabilitation Program (DARS), Counseling Referrals, as well as resources on substance use disorders, stress, anxiety and other mental health issues. Certified Employee Assistance Professionals are available to help employees get the assistance needed ○ Social Well-Being programs include the various Employee Resource Groups; local family day and diversity events

CONTACT INFORMATION

NAME	PHONE	LOCATION OF EAP REP
Yvette Marshall, Manager of EAP	540-520-3957	Atlanta, GA
Jerry (Mitch) Bunn, EAP Representative	765-730-5112	Ft. Wayne, IN
Keith Glabb, EAP Representative	704-607-2171	Pittsburgh, PA
Stephanie Austin, EAP Representative	217-330-2031	Decatur, IL
Alice Berry, EAP Representative	540-685-3388	Atlanta, GA
Fletcher (Will) Martin, Senior EAP Representative	865-206-9012	Knoxville, TN
EAP After Hours Assistance Line	844-215-4188	Norfolk Southern

EAP - LINKS FOR MORE INFORMATION	
Employee Assistance Program website	http://www.nscorp.com/wellns/WellNS/EAP.html
ERC – Employee Self Service – Medical Information	https://newerc.nscorp.com/irj/portal
Global Fit Gym Discounts	http://www.nscorp.com/wellns/WellNS/globalfit.html
Quitting Tobacco – Craft Quit for Life - 866-784-8454	http://www.nscorp.com/wellns/WellNS/quitting-tobacco.html
Quitting Tobacco – Nonagreement	http://www.nscorp.com/wellns/WellNS/quitting-tobacco.html
Mental/Emotional Health	http://www.nscorp.com/wellns/WellNS/Mental-Emotional-Health.html
Substance Use Disorder Info/Help	http://www.nscorp.com/wellns/WellNS/Substance-Use-Disorders.html
WW (formerly Weight Watchers)	http://www.nscorp.com/wellns/WellNS/weight-watchers.html
WellNS	http://www.nscorp.com/wellns/WellNS/index.html
Your Track to Health (Craft Railroad Employees National Health and Welfare Plan Info)	https://ytth.com/Default.aspx

EAP SERVICES	
Nonagreement Employees	Craft Employees
Internal EAP Service (CISP, DARS, P2P, Training, WellNS) Contact your NS EAP Representative 844-215-4188	Internal EAP Service (CISP, DARS, P2P, Training, WellNS) Contact your NS EAP Representative 844-215-4188
External EAP Services (Counseling, Online Resources) Contact Behavioral Health 866-206-7814 Liveandworkwell.com Use access code: choiceplus	External EAP Services (Counseling, Online Resources) Contact United Behavior Health Services 866-850-6212 Liveandworkwell.com Use access code: railroad https://ytth.com/ Listing of current benefits and contacts

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