




 <p><b>NS DARS</b> Drug &amp; Alcohol Rehabilitation Services</p>	<ul style="list-style-type: none"> <li>• Assistance for employees and their covered dependents suffering from Substance Use Disorders</li> <li>• Promotes living and working in a safe drug and alcohol free environment</li> <li>• Through EAP Representatives, you and your family can access a variety of DARS services:             <ul style="list-style-type: none"> <li>○ Alcohol and drug treatment</li> <li>○ Local program information, in-network treatment centers</li> <li>○ Community support groups such as Alcoholics or Narcotics Anonymous</li> </ul> </li> </ul>
 <p><b>PEER to PEER</b> Railroaders for Recovery</p>	<ul style="list-style-type: none"> <li>• The program's purpose is to:             <ul style="list-style-type: none"> <li>○ Promote an alcohol and drug free workplace</li> <li>○ Promote healthier lifestyles</li> <li>○ Educate co-workers to recognize at-risk behaviors</li> <li>○ Reduce alcohol and drug rule violations</li> </ul> </li> <li>• Peer-to-Peer program is supported and promoted by employee volunteers who assist NS employees impacted by drugs and alcohol in the workplace through awareness and education.</li> <li>• Services provided by a Peer-to-Peer Coordinator are always completely CONFIDENTIAL</li> <li>• Working with a Peer-to-Peer Coordinator is not the same as entering the NS DARS program</li> <li>• A Peer-to-Peer Coordinator may provide an employee guidance concerning substance abuse issues, and will motivate an at-risk co-worker to seek help, when appropriate.</li> <li>• 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</li> </ul>
 <p><b>NS CISP</b> Critical Incident Stress Plan</p>	<ul style="list-style-type: none"> <li>• Employees directly involved in a critical incident are encouraged to seek assistance from their supervisor by contacting EAP</li> <li>• Counseling, guidance, and support services from trained supervisors</li> <li>• Psychological first aid post critical incident</li> </ul>
  	<ul style="list-style-type: none"> <li>• WellNS offers programs that focus on:</li> <li>• Education             <ul style="list-style-type: none"> <li>○ Take 2 For You - Taking two minutes for you to find ways to make small changes in your life that add activity, better food choices and time to relax</li> <li>○ Monthly video tips and websites on nscorp.com/WellNS; NSTV; OWP</li> <li>○ Monthly focus on health topics pertaining to employee health</li> </ul> </li> <li>• Getting Active             <ul style="list-style-type: none"> <li>○ PowerTrain - group participation in a physical walk, run, event benefitting an approved charity</li> <li>○ FitNS Classes (where applicable – ROA, NOR)</li> <li>○ FitNS Gyms – Global Fit – discounted gym membership and online fitness wherever you are located</li> </ul> </li> <li>• Eating Healthy             <ul style="list-style-type: none"> <li>○ Weight Watchers</li> <li>○ Healthy Vending</li> <li>○ Healthy Meetings</li> </ul> </li> <li>• Quitting Tobacco             <ul style="list-style-type: none"> <li>○ Free over-the-counter tobacco cessation medication</li> </ul> </li> </ul>

## CONTACT INFORMATION

NAME	PHONE	DIVISION COVERED
Joan Newcomb, Manager of EAP	540-520-3957	All
Dustin Inman, EAP Coordinator	770-880-7831	Georgia and Alabama Divisions – Atlanta GA
Jerry (Mitch) Bunn, EAP Representative	765-730-5112	Dearborn and Lake Divisions - Ft. Wayne, IN
Keith Glabb, EAP Representative	704-607-2171	Dearborn and Pittsburgh Divisions - Pittsburgh, PA
Greg Winston, EAP Representative	717-480-3824	Harrisburg and Shared Assets - Harrisburg, PA
Vacant/Joan Newcomb	540-520-3957	Illinois Division – Decatur, IL
Alice Berry, EAP Representative	540-685-3388	Pocahontas and Piedmont - Roanoke, VA
Fletcher (Will) Martin, Senior EAP Representative	865-206-9012	Pocahontas and Piedmont - Knoxville, TN
<b>EAP After Hours Assistance Line</b>	<b>844-215-4188</b>	<b>Norfolk Southern</b>

EAP - LINKS FOR MORE INFORMATION	
ERC – Employee Self Service – Medical Information - ERC	<a href="https://newerc.nscorp.com/irj/portal">https://newerc.nscorp.com/irj/portal</a>
Getting Active	<a href="http://www.nscorp.com/wellns/WellNS/getting-active.html">http://www.nscorp.com/wellns/WellNS/getting-active.html</a>
Global Fit Gym Discounts	<a href="https://www.globalfit.com/">https://www.globalfit.com/</a>
Know My Health	<a href="http://www.nscorp.com/wellns/WellNS/knowning-my-health.html">http://www.nscorp.com/wellns/WellNS/knowning-my-health.html</a>
Know My Health	<a href="http://www.nscorp.com/wellns/WellNS/knowning-my-health.html">http://www.nscorp.com/wellns/WellNS/knowning-my-health.html</a>
Quitting Tobacco – Agreement Quit for Life - 866-735-5685	<a href="https://ytth.com/PageContent.aspx?MenuId=323">https://ytth.com/PageContent.aspx?MenuId=323</a>
Quitting Tobacco – Nonagreement Quit for Life – 866-784-8454	<a href="https://member.uhc.com/health-resources">https://member.uhc.com/health-resources</a> (requires myuhc.com login/password to access) Scroll down to Ready to Quit Tobacco?
Weight Watchers	<a href="http://www.nscorp.com/wellns/WellNS/pdf/weight-watchers.pdf">http://www.nscorp.com/wellns/WellNS/pdf/weight-watchers.pdf</a>
WellNS	<a href="http://www.nscorp.com/wellns/WellNS/index.html">http://www.nscorp.com/wellns/WellNS/index.html</a>
WellNS Discounted Programs	<a href="http://www.nscorp.com/wellns/WellNS/discount-programs.html">http://www.nscorp.com/wellns/WellNS/discount-programs.html</a>
WellNS Peers	<a href="http://www.nscorp.com/wellns/WellNS/peers.html">http://www.nscorp.com/wellns/WellNS/peers.html</a>
Your Track to Health (Agreement Railroad Employees National Health and Welfare Plan Info)	<a href="https://ytth.com/Default.aspx">https://ytth.com/Default.aspx</a>

EAP SERVICES	
Nonagreement Employees	Agreement Employees
<ul style="list-style-type: none"> <li>• Internal EAP Service (DARS, P2P, CISP, WellNS)               <ul style="list-style-type: none"> <li>○ Contact your NS EAP Representative</li> </ul> </li> <li>• External EAP Services (Counseling, Online Resources)               <ul style="list-style-type: none"> <li>○ Contact Beacon Family Resources</li> <li>○ 800-579-8758</li> <li>○ Achievesolutions.net</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Internal EAP Service (DARS, P2P, CISP, WellNS)               <ul style="list-style-type: none"> <li>○ Contact your NS EAP Representative</li> </ul> </li> <li>• External EAP Services (Counseling, Online Resources)               <ul style="list-style-type: none"> <li>○ Contact United Behavior Health Services</li> <li>○ 866-850-6212</li> <li>○ Liveandworkwell.com</li> <li>○ ytth.com</li> </ul> </li> </ul>

