# Program Summary

**USNH Employee Assistance Program**

<table>
<thead>
<tr>
<th>Counseling Services</th>
<th>Family Caregiving Services</th>
<th>Legal Services</th>
<th>Financial Services</th>
<th>Convenience Services</th>
<th>Management Consultation Services</th>
<th>Online Tools and Information</th>
</tr>
</thead>
</table>
| Counseling services are available for issues affecting employees and dependents. Members may speak with a professional counselor by phone, and the Employee Assistance Program will provide a referral to see a local counselor at no cost for issues such as:  
- Anxiety and stress  
- Depression  
- Life Coaching  
- Parenting  
- Drug or alcohol abuse  
- Transition and change  
- Workplace  
- Relationships — individual, marital, and family | Referrals and information are available on a variety of family matters, including:  
- Prenatal care  
- Daycare/Summer Camps  
- Special needs services  
- Preparing students for college | A 30-minute phone or in-person consultation is available to help answer basic legal questions and simplify the process of obtaining legal help. Some common legal concerns include:  
- Adoption  
- Bankruptcy  
- Child custody  
- Criminal issues  
- Divorce | A 30-minute consultation with a qualified financial consultant is available to assist with a variety of financial concerns.  
- Bankruptcy alternatives  
- Budgeting and cash flow  
- Credit issues  
- Identity theft | The Employee Assistance Program includes complimentary referrals to convenience services to help members make the most of their money and free time.  
- Repairs  
- Moving and relocation services  
- Cleaning services | APS provides various services for those in leadership positions including unlimited telephonic consultation services that are available 24/7.  
- Assistance in responding to an onsite accident or critical event  
- Performance Concerns | 8,000 plus research articles  
- Interactive wellness assessments  
- 92 self paced online trainings  
- Monthly webinars | APSHelpLink.com is an interactive web-based self-service solution. The site provides a wide array of life management tools to help members with a variety of personal and/or work related issues in a private and convenient manner.  
- Self search locators for child, academic and adult care resources  
- Wellness Center  
- Learning Center  
- And much more! |

**Company Code: USNH**  
**www.apshelplink.com**  
**1-800-424-1749**