Welcome to APSHelpLink, the web-based component of your Employee Assistance Program. APSHelpLink is your one-stop resource, available when and where you need it. Whether you are dealing with a day-to-day question or a bigger-than-life issue, APSHelpLink provides you and your family with tools and information to address life's pressing concerns. APSHelpLink is anonymous, confidential, and secure. Explore it any time of day, any day of the week — all from the comfort and privacy of your own computer, tablet or handheld device.

The Website includes:

- 8,000+ research articles
- Interactive wellness assessments
- Self assessments and personal plans for interpersonal and workplace topics
- 92 Self-paced online trainings
- Monthly topical Webinars
- Self search locators for child, academic and adult care resources
- Legal and Financial Resources
- **Wellness Center**: library of health and wellness articles, over 40 health assessments and audio tips.
- **Learning Center**: Articles, information, audio advice and tips on a range of employee effectiveness; physical and emotional well-being topics.
- Audio and video optimized for MP3 devices

To access the Website:

**Go to:** www.apshelplink.com

**Your company code is:** USNH

**Toll Free:**

1-800-424-1749