**COUNSELING SERVICES**
Up to six (6) counseling sessions are available for issues affecting employees and their dependents. Individuals 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
- Grief
- Parenting
- Drug or alcohol abuse
- Transition and change
- Relationships – individual, marital, and family

**FAMILY CAREGIVING SERVICES**
Confirmed referrals and information are available on a variety of family matters, including:

- **CHILD CARE AND PARENTING**
  - Prenatal care
  - Daycare/summer camps
  - Special needs services
  - Preparing students for college

- **ELDERCARE**
  - Assisted living
  - In-home care
  - Transportation services
  - Adult daycare

**LEGAL SERVICES**
Up to 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
- Estate Planning
- Immigration
- Real estate
- Tenant’s rights
- Mediation

**FINANCIAL SERVICES**
A telephonic consultation with a qualified financial consultant is available to assist with a variety of financial concerns such as:

- Bankruptcy alternatives
- Budgeting and cash flow
- Credit issues
- Identity theft
- Education funding
- Income taxes
- Mortgages
- Retirement planning

**CONVENIENCE SERVICES**
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
- Car and hotel reservations
- Sightseeing tours
- Destination guides
- Dining
- Personal shopping
- Gift Recommendations

**ONLINE TOOLS AND INFORMATION**
EAPHelplink.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.

- Research articles
- Wellness articles
- Online trainings
- Monthly webinars
- Self-search locators for child, academic and adult care resources
- And much more!

For more information about your Employee Assistance Program please contact us as listed below.

Phone: 800-424-1749    Website: [www.EAPHelplink.com](http://www.EAPHelplink.com)    Company Code: usnh