

## **EMPLOYEE ASSISTANCE PROGAM**



## **Summary of Services**

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:  FAMILY CAREGIVING SERVICES	<ul> <li>Anxiety and stress</li> <li>Depression</li> <li>Grief</li> <li>Parenting</li> <li>Drug or alcohol abuse</li> </ul> CHILD CARE AND PARENTING	<ul> <li>Transition and change</li> <li>Relationships – individual, marital, and family</li> </ul> ELDERCARE
Confirmed referrals and information are available on a variety of family matters, including:	<ul> <li>Prenatal care</li> <li>Daycare/summer camps</li> <li>Special needs services</li> <li>Preparing students for college</li> </ul>	<ul><li>Assisted living</li><li>In-home care</li><li>Transportation services</li><li>Adult daycare</li></ul>
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:	<ul><li>Adoption</li><li>Bankruptcy</li><li>Child custody</li><li>Criminal issues</li><li>Divorce</li></ul>	<ul><li>Estate Planning</li><li>Immigration</li><li>Real estate</li><li>Tenant's rights</li><li>Mediation</li></ul>
FINANCIAL SERVICES  A telephonic consultation with a qualified financial consultant is available to assist with a variety of financial concerns such as:	<ul> <li>Bankruptcy alternatives</li> <li>Budgeting and cash flow</li> <li>Credit issues</li> <li>Identity theft</li> </ul>	<ul><li>Education funding</li><li>Income taxes</li><li>Mortgages</li><li>Retirement planning</li></ul>
CONVENIENCE SERVICES  The Employee Assistance Program includes complimentary referrals to convenience services to help members make the most of their money and free time.	<ul> <li>Repairs</li> <li>Moving and relocation services</li> <li>Cleaning services</li> <li>Car and hotel reservations</li> <li>Sightseeing tours</li> </ul>	<ul> <li>Destination guides</li> <li>Dining</li> <li>Personal shopping</li> <li>Gift Recommendations</li> </ul>
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.	<ul><li>Research articles</li><li>Wellness articles</li><li>Online trainings</li><li>Monthly webinars</li></ul>	<ul> <li>Self-search locators forchild, academic and adult care resources</li> <li>And much more!</li> </ul>

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

Phone: 800-424-1749 Website: www.EAPHelplink.com Company Code: usnh

