Program Summary

Employee Assistance Program

COUNSELING SERVICES
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
- Grief
- Parenting
- Drug or alcohol abuse
- Transition and change
- Workplace
- Relationships — individual, marital, and family

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

- Prenatal care
- Daycare/summer camps
- Special needs services
- Preparing students for college
- Assisted living
- In-home care
- Transportation services
- Adult daycare

LEGAL SERVICES
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
- Estate planning
- Immigration
- Real estate
- Tenant's rights
- Mediation

FINANCIAL SERVICES
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
- 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

MANAGEMENT CONSULTATION 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
- Behavior concerns
- Training consultation services
- Substance misuse/DOT services

ONLINE TOOLS AND INFORMATION
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.

- 8,000+ research articles
- Interactive wellness assessments
- Self-paced online trainings
- Monthly webinars
- Self-search locators for child, academic and adult care resources
- Wellness center
- Learning center
- And much more!

www.apshelplink.com
1-800-424-1749

Company Code: USNH