

CONSULTATIONS FOR SUPERVISORS:

Free phone consultations regarding employment and/or performance management issues are available to managers and supervisors.

- ◆ Services for critical incidents
- ◆ Identifying circumstances when an EAP referral is appropriate
- ◆ Addressing employee concerns related to job performance
- ◆ Detecting behavioral warning signs in employees
- ◆ Supervisory and organizational consultation



✂ Cut along dotted line and keep this card in your wallet.



— TRUST —
EAP

1-855-853-1528

EAP services provided by:
MKS Performance Solutions, LLC



New Hampshire Interlocal Trust
www.nhitrust.org
PO Box 4090
Concord, NH 03302



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EAP

EMPLOYEE ASSISTANCE PROGRAM



**LIFE HAPPENS...
TAKE ACTION, BE PREPARED.**

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TELEPHONE SERVICES

No matter what phase of life you are in, you may be facing a variety of issues. Masters-level EAP specialists are available 24 hours a day, 7 days a week. The EAP will help assess your situation, problem solve and provide additional resources.

Phone consultations and informational referral services are available at **NO** charge.

PERSONAL CONSULTATION

NHIT members are encouraged to take advantage of our EAP's personal consultation services. Masters-level EAP specialists are available **free of charge** for up to 3 sessions of face-to face consultations per issue for assessment and referral with a licensed professional.

LEGAL & FINANCIAL ADVICE

Consult with an attorney and/or a financial advisor for up to 30 minutes per subject at no charge. A discounted rate may apply once the 30 minutes has been expended. Issues may include civil/consumer, personal/family, real estate, IRS, or criminal matters.

EAP SERVICES ARE CONFIDENTIAL

WHO IS ELIGIBLE TO USE THE EAP?

Services are available to all employees at your worksite, regardless of health insurance enrollment status and members of your household.

EAP: HELP WHEN YOU NEED IT

The EAP is available to assist members with a wide range of personal, family and workplace concerns, such as:

- ◆ Financial Planning
- ◆ Career or Workplace Issues
- ◆ Substance Abuse/Gambling
- ◆ Marriage/Partnership/Family Counseling
- ◆ Stress Management
- ◆ Anxiety or Depression
- ◆ Work/Life Balance
- ◆ Elder Care & Caregivers' Resources
- ◆ Child Care/Adolescent Concerns



EAP WEB BASED SERVICES

A dedicated website is available exclusively to NHIT members. Resources include articles, tip sheets, web links, on-line training courses, self-assessments, financial calculators and a legal library.

<http://nhitrust.personaladvantage.com>
Company Code: NHIT



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Contact an EAP Specialist today!
Available 24 hours a day, 7 days a week.
Help when you need it.

1-855-853-1528

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