

State of New Hampshire Employee Assistance Program

EAP

FACT SHEET

What is the Employee Assistance Program?

The EAP is a confidential and voluntary program designed to help you address problems that may interfere with work or home life.

What kinds of issues can the EAP address?

Your EAP is a broad-brush program. It can respond to a crisis, personal request for information, and help with other issues including: financial, legal, stress, childcare, family, marital, workplace, and alcohol and drugs.

Who is eligible?

Services are available to all State employees and their family members.

Is the EAP confidential?

Yes! Your privacy and confidentiality are protected by EAP in accordance with program policy, State and Federal laws.

How do I make an appointment?

It's easy! Call 603-271-4336 or 1-800-852-3345 x 4336 and ask to speak to an EAP Specialist who will schedule a meeting as soon as possible.

Where will the appointments be held?

EAP will travel to you! You may meet with an EAP Specialist at an agreed upon location convenient to your home or place of work.

What will happen at the appointments?

You will meet with an EAP Specialist who will help you assess your concerns and develop a plan to address them.

What is the cost?

There is no cost to you or your family members to use the EAP.

*Your EAP Specialists are available
to discuss your concerns either
over the phone or in person.*



603-271-4336 or 1-800-852-3345 x 4336 (NH Relay) 7-1-1
NH Department of Health and Human Services www.dhhs.nh.gov/hr/eap/

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