

Services included:

Counseling

In-person, phone or live video sessions to help resolve emotional & mental health issues.

Legal & Financial Consultation*

Information & consultations with an attorney and/or financial advisor.

Elder/Adult Care Resources

Information & referrals to meet the needs of elders, older adults and the families supporting them.

Home & Family Support

Information & referrals for services ranging from college planning to family & marriage counseling.

Parenting Resources

Information & referrals for all types of child care needs and parenting questions.

Stress Reduction

Assessment of stress level and techniques/tips for managing stress.

Career Assessment

Job performance consultations and career exploration services.

Diet & Nutrition

Consultation & information to assist with healthy choices. Support is available from a nutritionist on weight management, allergies and other dietary concerns.

Convenience Services

Information & referrals for services ranging from community education classes, fitness programs and pet sitting to home cleaning and home relocation services.

*Disclaimer - No legal service, including advise and consultations, will be provided for:

1. employment-related matters including employee or statutory benefits;
2. matters involving the Employer, NHIT or KGA Inc. and affiliates;
3. appeals and class actions;
4. frivolous or unethical matters; or
5. matters for which an attorney-client relationship exists prior to the participant becoming eligible for benefits.

If a participant wishes to retain legal representation, KGA will refer participant to an attorney who may provide services at a 25% discount. This is not a guarantee of the least expensive attorney. Should the participant retain an attorney through a KGA referral, he/she is doing so outside the EAP services provided through the employer and participant is responsible for all fees and costs associated with legal services.



— TRUST —

work-life assistance



Help when you need it.

EAP services provided by New Hampshire Interlocal Trust in collaboration with KGA, Inc.

1-855-853-1528

New Hampshire Interlocal Trust

www.nhitrust.org

PO Box 4090

Concord, NH 03302

*See back for legal disclaimer



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Legal & Financial Consultation*

The Trust Work-Life Assistance Program is available to all employees of the worksite and members of their household, regardless of enrollment in the NHIT Health Program. This is a **free and confidential program designed to help when you need it.**



Telephone Services

No matter what phase of life you are in, you may be facing a variety of issues. The Trust Work-Life Assistance Program provides unlimited telephone counseling sessions per issue with Masters-level counselors. Counselors are available 24 hours a day, 7 days a week. They will help assess your situation, problem solve and provide additional resources.

*See back for legal disclaimer



Personal Consultation

Eligible individuals are encouraged to take advantage of our personal counseling services. Licensed counselors are available for up to 3 in-person counseling sessions per issue for assessment and referral.



Online Services

All employees and members of their household have access to the Trust Work-Life Assistance Program's dedicated website for helpful resources and tools to assist with a variety of services. Online services include:

- ◆ Online Chat with a counselor
- ◆ Self-assessments, webinars & online training
- ◆ Professional development
- ◆ Identity theft assistance
- ◆ Calculators for budgeting, home buying & investing



Consultations for Supervisors

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

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

<http://links.kgreer.com/nhit>

Company Code: NHIT