



**HEALTHY
ATTENDANCE
MATTERS!**
for Staff

Employee Assistance Program

NHPS STAFF: STRESSED AND OVERWHELMED? BEHAVIORAL HEALTH CONSULTANTS ARE HERE FOR YOU!

WHY EAP?

Employee Assistance Program is designed to provide you and your dependants the services that help you to cope with stress affecting your work and life responsibilities, such as stress management, burnout, substance abuse, emotional and family problems.

HOW MUCH DOES IT COST?

First three sessions are free. For the continued counseling specific health plan guidelines apply.

CONFIDENTIAL: WE WON'T TELL YOUR BOSS!

Information regarding you and your counseling sessions is not part of your personnel file, and can be only released by your authorization. Your rights to privacy are protected within state and federal guidelines.

PROFESSIONAL STAFF

EAP counseling is provided by the licensed clinicians who have all the necessary training and expertise in working with particular problems.



NEW HAVEN PUBLIC SCHOOLS

**City of New Haven
Employee Wellness
Program**

Anthem®

**TO SCHEDULE AN APPOINTMENT PLEASE CALL
(203) 407-1029
OR TOLL FREE 800-864-2742**

**FOR ADDITIONAL INFORMATION ON EAP AND OTHER EMPLOYEE WELLNESS
PROGRAMS, PLEASE VISIT
WWW.NHPS-WELLNESS.NHBOE.NET/WORDPRESS**