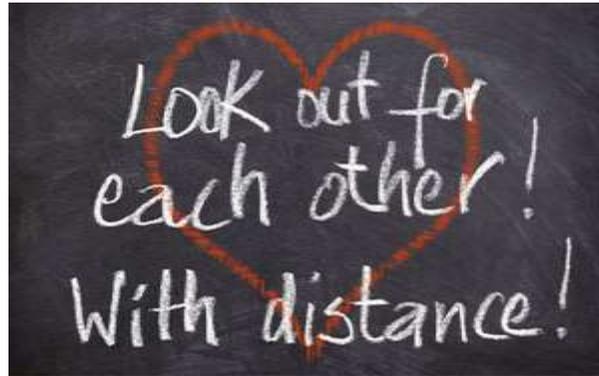




NH Employee Assistance Program

Healthy people ask for help.

603.271.4336



During the COVID-19 emergency, the Employee Assistance Program (EAP) continues to provide valuable resources to state employees. In recent weeks, EAP staff have been providing direct outreach and support to those coordinating New Hampshire's COVID-19 response at the Incident Planning and Operations Center, including Employment Security, 211 and the call center staff from the Division of Public Health Services. EAP focuses on recognizing and managing stress, coping with a public health pandemic, and identifying strategies for resilience and wellbeing.

In addition to this in-person support, the same services you have come to rely on from EAP remain available during this challenging time. EAP continues to provide free, confidential services and resources that support the overall wellbeing of state employees. They have created a variety of remote and digital access points for people seeking services, including the use of Zoom videoconferencing, to ensure access to our services during this "new normal."

Please see the list of links below that can help as you continue to adjust to remote work and social distancing. **Please remember that EAP is only a phone call away at 271-4336.**

Family, Couples, and Parenting Tips

- [Love in the Time of Coronavirus—6 Tips to Protect Your Marriage While Quarantined](#) (Parade)
- [Under One Roof: Home Together During the Coronavirus Pandemic](#) (Psychology Today)
- [Parenting During COVID-19: A bulleted list to stick up on the fridge](#) (Psychology Today)
- [Coping with Coronavirus Anxiety](#) (Harvard Medical School Health Blog)
- [COVID-19: Supporting a Loved One who is Living with a Mental Health Disorder](#) (Families for Depression Awareness)

Working from Home Tips

- [9 Tips To Be Productive When Working At Home During COVID-19](#) (Forbes)
- [How to keep yourself happy and productive if you're working from home because of the coronavirus](#) (Business Insider)

Meditation

- [Facing Pandemic Fears with a Compassionate Heart](#) (video, 12 minutes) (Tara Brach)