



Prevention Resources, Inc.

## Employee Assistance Program

### *Help is a phone call away...*

At some point in our lives, many of us experience problems: family or marital difficulties, problems with alcohol or drugs, financial concerns, or legal issues. At times we may solve these problems ourselves. Yet, other times, counseling may be helpful to the resolution of the problem.

The Employee Assistance Program (EAP) of Hunterdon County is a confidential, counseling, assessment, and referral program to help employees resolve their personal problems.

### *What is an Employee Assistance Program?*

Your employer has contracted for this service in order to protect its most valuable asset, the employee. Employers know from experience that personal problems, even those unrelated to your job, may adversely impact your job and career progress. Both the employee and employer benefit from this service. The Employee Assistance Program is available to help resolve these problems. This service is offered free of charge to you and your family members.

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[www.njprevent.com](http://www.njprevent.com)

[Facebook.com/NJPrevent](https://www.facebook.com/NJPrevent)

### *Who can use the Employee Assistance Program?*

Employees and their family members can use the Employee Assistance Program. This may include a spouse, child, and at times an extended family member when appropriate.

Employees and family members contact the Employee Assistance Program themselves, or employees may be referred by supervisors for work-related problems.

### *What kind of help is available?*

The types of problems addressed by this service include family marriage, addictions, financial, legal, as well as stress related issues. No problem is too or too small.

EAP provides short-term counseling, assessment, and referral. A counselor will meet with you for several sessions if necessary, as well as provide you with appropriate resources and linkages.

### *What will happen when I call?*

An appointment, convenient to you, will be made to discuss your problem with a professional counselor. The counselor will assess your situation, and recommend a plan of action. Remember, all calls and conversations with the EAP counselor are strictly confidential. Day and evening hours available.

### *How do I reach the EAP counselor?*

Your program is provided to you and your employer by the Employee Assistance Program of Hunterdon County. You can reach a counselor by calling the number below. All calls are strictly confidential.

Call: 908-782-3909 or visit us at  
[www.njprevent.com](http://www.njprevent.com)