

On-Site Counseling

Rockingham County recognizes that our employees face many challenges balancing work and family needs. Health Watch EAP provides short-term counseling (up to six sessions per episode) and referrals **on-site** for our employees, in addition to the County's Employee Assistance Program (EAP). The office is located on the second floor of the UNH Cooperative Extension building, close to the stairs, and the scheduled days are

Tuesdays from 8:30am - 5:00pm and Fridays from 7:00am - 11:00am.

These counseling sessions are **FREE AND CONFIDENTIAL** and can take place in person, virtually, or by phone with Licensed Clinical Mental Health Counselor (LCMHC) - Penny Remick.

Typical counseling concerns include symptoms of anxiety and depression, post-traumatic stress disorder (PTSD), substance misuse, burnout and conflict resolution, Critical Incident Stress Debriefings, grief and loss, family and couples' conflict, financial matters, etc. NO issue is too big or too small if you are seeking help. If you would like to schedule an appointment with Penny, or ask for more information, please call them directly at **603-658-6796**.

We look forward to providing on-site clinician services to you!

Meet the Clinician!

Penny Remick, LCMHC, EAP Consultant - Penny has over twenty years' of experience in providing mental health assessment and support for brief and long-term chronic mental health challenges and crisis counseling in community, healthcare, and community college settings. She also conducts training on suicide prevention, compassion fatigue, anxiety, and domestic violence. Penny most enjoys assisting individuals who are experiencing frustration and stagnation, but who are willing to consider re-shaping their thought patterns by focusing on healthy behaviors and/or coping skills that complement change.

