NCOSHR Employee Assistance Program (EAP) Quiz

Instructions: Answer the following questions to test your knowledge of the NCOSHR Employee Assistance Program (EAP).

1. What is the main purpose of the NCOSHR Employee Assistance Program (EAP)?
   a) To provide legal representation
   b) To offer confidential support for personal and work-related issues
   c) To monitor employee productivity
   d) To manage employee schedules
2. Which of the following services is offered by the EAP?
   a) Fitness coaching
   b) Conflict resolution and stress management counseling
   c) Career promotions
   d) Equipment training
3. Who is eligible to use the EAP services?
   a) Only full-time employees
   b) All state employees and their immediate family members
   c) Only upper management
   d) Part-time employees only
4. Are EAP services confidential?
   a) Yes, unless there is a risk of harm or legal requirement to disclose
   b) No, all information is shared with supervisors
   c) Only if the employee signs a release form
   d) Confidentiality is determined case-by-case
5. How can an employee access the EAP services?
   a) By submitting a written request to HR
   b) By visiting the NCOSHR website or calling the EAP number
   c) Through their supervisor's recommendation only
   d) By emailing the Governor's Office

Answer Key - NCOSHR EAP Quiz

1. b) To offer confidential support for personal and work-related issues

2. b) Conflict resolution and stress management counseling

3. b) All state employees and their immediate family members

4. a) Yes, unless there is a risk of harm or legal requirement to disclose

5. b) By visiting the NCOSHR website or calling the EAP number