

Your Employee Assistance Program (EAP)

Much More than Counseling!

We all experience ups and downs in life. It's impossible to avoid the many stresses, conflicts, and challenges that occur each day. Often we resolve these situations on our own or with the help of family and friends. Sometimes however, it helps to talk to someone with experience. ComPsych® Corporation, your EAP provider, has GuidanceConsultantsSM on staff for help with everyday questions.

Your employer recognizes how important you are to the success of the organization, and provides you with this valuable service to support you and your family. Your participation in the EAP is voluntary and strictly confidential.

What kinds of issues can the EAP help with?

Just about any kind of concern imaginable can be brought to the EAP. They range from simple to complex situations such as:

- › Relationship issues
- › Family & parenting problems
- › Legal & financial
- › Bereavement & other losses
- › Child & elder care

When should I use the EAP?

Whenever you feel the need to talk to someone objective, experienced and nonjudgmental. We suggest the earlier, the better. Waiting or ignoring a challenge usually makes things worse.

Is the EAP confidential?

The EAP is strictly confidential. No one will know you've contacted the program, and your name is not reported to your employer.

How do I get started?

Make your life easier and contact us today! Just call the regional EAP number below. Our phones are answered 24/7. You can also go online any time for information on family, work, health, money, legal topics and more: **guidanceresources.com**

Additional Information

This information is brought to you by ComPsych® GuidanceResources®. This company-sponsored benefit offers confidential help and support 24 hours a day, 7 days per week, at no cost to you or your immediate family. Our GuidanceConsultantsSM can assist you with your concerns at:

Online: **www.guidanceresources.com**

Enter your company ID:

