An Introduction to the Employee Assistance Program (EAP)
Presented by ComPsych® Corporation
Overview

Founded in 1984
Largest provider of EAP services in the world
Coverage to more than 55 million individuals and 19,000 organizations throughout the U.S. and more than 120 countries
Leading provider of fully integrated EAP, legal, financial, and work-life services
Global service centers operate 24 hours a day
Integrated GuidanceResources® allows us to be your single source for:

› Confidential consultation on personal issues
› Legal information and resources
› Information, referrals and resources for work-life needs
› Financial information, resources and tools
› Online information, resources and tools
Confidentiality

The program is strictly confidential

Records are maintained by ComPsych®

Summary of number of requests for assistance provided to State Employee Health Plan
Available 24 Hours a Day

Call us anytime for solutions!
888.275.1205, Option 7 (SAME)
TDD: 800.697.0353 (NEW)
*Multilingual Support Available*

Or Online:
www.GuidanceResources.com
Company Web ID: SOKEAP
*Website available in English and Spanish*
Confidential Counseling

Short-Term Counseling
› Address issues early
› No cost
› Confidential
› Voluntary
› Up to 8 sessions per issue per year

Long-Term Counseling
› Continuing treatment for long-standing issues
› Refer to insurance
Expert legal information from licensed ComPsych® staff attorneys

› Unlimited telephonic access at no cost
  - Family law
  - Wills
  - Bankruptcy
  - Estate planning
  - Real estate
  - ID Theft

› Local, quality referrals
  - 30-minute in-person consultation
  - 25% discount on legal fees
Financial Information and Consultation

Financial information from ComPsych® staff financial experts

› Unlimited telephonic access at no cost
  - Budgeting
  - Income tax
  - Credit
  - Real estate
  - Debt
  - Retirement planning

› Confidential and objective
Work-Life Balance

Information, referrals and resources for work-life needs at no cost

Addressing work-life balance issues by providing practical information and referrals

› Child and elder care
› Educational options
› Community information
› Event planning
› Home improvement
› Buying/selling a home, relocation
› Assistance with shopping and locating items
Online Information, Tools and Services

Welcome to GuidanceResources® Online

GuidanceResources Online is a comprehensive, interactive service that provides expert content and unique tools to assist you in every aspect of your life, all in a secure, easy-to-use, personalized environment.

GuidanceResources® Online is the recipient of the 2011 Davey Award, honoring creative excellence in websites and interactive media.

GuidanceResources® Online is the recipient of the 2010 and the 2012 International Stevie Award for website content, design quality and global user experience. QRO is also the winner of the 2012 Gold Galaxy Award for best customer website.

ComPsych® Corporation
Employee Assistance Programs | Behavioral Health | Wellness | Work-Life | HR Solutions
Privacy
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Online Resources

GuidanceResources® Online

Alert: Breaking News and Information

Weather Resources
Weather storms are affecting many parts of the country. Get more information and the latest updates here.

News Headlines
January 7, 2014
• Meditation May Help with Anxiety, Depression
• Mediterranean Diet May Protect Against Diabetes
• "Dangerously" Cold Polar Air Reaches Eastern U.S.
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• Child Care Provider
• Elder Care Provider
• College and University

Site Highlights
• Write your will with EstateGuidance®

E-mail Newsletters
Sign up now for our newsletters!
Have great articles and helpful tips sent right to your e-mail inbox.
Read Archived Newsletters

Featured Articles
Making Your New Year's Resolutions Count
The New Year brings an opportunity to take a fresh look at issues we have been wrestling with and a chance to tackle them again.

January: National Volunteer Blood Donor Month
Become a blood donor during National Volunteer Blood Donor Month. Read more to learn how you can help to give the gift of life.

Cutting Down on Your Drinking
If you are drinking too much, you can improve your life and health by cutting down. There are steps you can take.

January: National Glaucoma Awareness Month

Recommended

Featured Program
Write your will today!
EstateGuidance®

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Thank You for Attending

Your single source for confidential support, expert information and valuable resources, when you need it the most.

Available 24 hours a day, 7 days a week

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*Multilingual support available*

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Your company web ID: **SOKEAP**
*Website available in English and Spanish*