

for employees

What is the Employee Assistance Program?

Provided through ComPsych® GuidanceResources®, the Employee Assistance Program (EAP) offers counseling, legal and financial consultation, work-life assistance and other health and well-being resources.

The EAP is available at no cost to you and your household members, anytime day or night.

Why would someone use the EAP?

There are many reasons, including:

1 Feeling overwhelmed by the demands of balancing work and family.

4 Having concerns about **substance misuse** for yourself or a dependent.

2 Experiencing **stress, anxiety** or **depression**.

5 Needing assistance with **child or elder care**.

3 Dealing with **grief, loss** or **separation**.

6 Struggling with **legal or financial** issues.

? Can my children use the EAP?

Yes. The EAP is a benefit for employees and each of their household family members, including children.

What happens when I call?

You'll speak with a Guidance Consultant to discuss your needs, develop a plan of action and help schedule appointments or access services.

What counseling services are provided?

The EAP provides free short-term counseling in-person, over the phone or via video call with local providers who can help you with your concerns.

Many issues can be resolved with short-term counseling provided through the EAP. If you need longer-term treatment beyond what the EAP provides, you'll be referred to a specialist and given help arranging services.

Strict EAP confidentiality.

No personal information about your participation in the EAP will be provided to your employer without your permission.

24/7 Live Assistance

Call: 866.380.1372

TRS: Dial 711

App: GuidanceNowSM

Web ID: BSWH

Online: [guidanceresources.com](https://www.guidanceresources.com)

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