

EAP

COMPSYCH EMPLOYEE ASSISTANCE PROGRAM (EAP)

Everyone can use a little help sometimes. That's where your EAP benefit comes in. Through ComPsych's EAP, you can speak with a highly-trained and compassionate guidance consultant who can help you and your family 24/7 with things like:

- ✓ Stress and anxiety
- ✓ Relationship/marital conflicts
- ✓ Grief, loss, and life adjustments
- ✓ Substance abuse
- ✓ Minor depression management

Your benefit includes 6 one-on-one counseling sessions per family member, per issue, per year at no cost to you.

WORK-LIFE SOLUTIONS

Get the everyday help you need with ComPsych's Work-Life Solutions. Call the number at the bottom of the page for assistance with topics including:

- ✓ Finding child or elder care
- ✓ Housing searches
- ✓ Seeking financial assistance
- ✓ Finding pet care
- ✓ Sending a child off to school
- ✓ Planning a major project or event

BONUS!



Online guidance resources

When you visit the ComPsych website, you'll find get more benefits with your benefits. You'll have 24/7 access to vital information, tools, and support.

What to Expect:

- Product and service discounts
- Educational articles, podcasts, and videos
- On-demand trainings
- "Ask the Expert" personal responses to your questions

How to Access:

1. Go to www.guidanceresources.com
2. Click Register
3. Enter Web ID: **KAIROSEAP**
4. Complete your registration