

EMPLOYEE ASSISTANCE PROGRAM

COMPSYCH

All Center For Family Services employees, and their dependents or family members are eligible for free services through the Employee Assistance Program.

WHAT COUNSELING SERVICES DOES THE EAP PROVIDE?

Your ComPsych GuidanceResources program EAP Essentials offers someone to talk to and resources to consult whenever and wherever you need them. The EAP provides free short-term counseling with counselors in your area who can help you with your emotional concerns. If the counselor determines that your issues can be resolved with short-term counseling, you will receive counseling through the EAP. However, if it is determined that the problem cannot be resolved in short-term counseling in the EAP and you will need longer-term treatment, you will be referred to a specialist early on and your insurance coverage will be activated.

WHAT HAPPENS WHEN I CALL FOR COUNSELING SUPPORT?

When you call, you will speak with a GuidanceConsultant, a master's- or PhD-level counselor who will collect some general information about you and will talk with you about your needs. The GuidanceConsultant will provide the name of a counselor who can assist you. You will receive counseling through the EAP **up to 3 telephonic sessions** per issue, per person, per calendar year. You can then set up an appointment to speak with the counselor over the phone. **This service is strictly confidential.**

TO ACCESS YOUR EAP 24/7:

- Call **800.460.4374 (TTY: 800.697.0353)**
- Download the App: **GuidanceNow**
- Visit **www.guidanceresources.com**
Web ID: **EAP Essential**
Company ID: **cente**

WHEN TO CONTACT THE EAP

Confidential Emotional Support

Highly trained clinicians will listen to your concerns and help you or your family members in your household with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts

Work-Life Solutions

Specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care

Legal Guidance

Talk to attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more

Need representation? Get a free 30-minute consultation and 25% reduction in fees.

Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more

Online Support

GuidanceResources Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions