

WELL-BEING OFFERINGS THROUGH COMPSYCH



What is ComPsych?

Also known as GuidanceResources, ComPsych offers counseling, legal and financial consultation, work-life assistance and crisis intervention services to all our employees and their household family members. The EAP can be used free of charge as needed when you or your dependents are facing emotional, financial, legal or other concerns. The EAP is strictly confidential. Reasons for using such services include but are not limited to-

- Are feeling overwhelmed by the demands of balancing work and family
- Are experiencing stress, anxiety or depression
- Are dealing with grief and loss
- Need assistance with child or elder care concerns
- Have legal or financial questions
- Have concerns about substance abuse for yourself or a dependent

The EAP provides free short-term counseling with counselors in your area who can help you with your emotional concerns. 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.

Download the app

Contact ComPsych anytime, anywhere. 24/7 support via phone, PC, or you can download the app by scanning the QR code below.

- Call: 866.676.3524 TTY: 800.697.0353
- Online: guidanceresources.com



- App: GuidanceNowSM Web ID: HonorHealth

HonorHealth.com

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