



Employee Assistance Program (EAP)

There are times in life when we all need a little extra support. GuidanceResources provides you with the help and support when faced with life's challenges.

The Employee Assistance Program (EAP) provides **free** and **confidential** counseling, along with valuable resources, to support you and your family in navigating both everyday challenges and more complex life situations. Whether you are dealing with personal issues, preparing for major life events, or managing the demands of daily life, support at your fingertips. GuidanceResources is available at no cost to eligible employees and their dependents, offering confidential support, helpful tools, and information to overcome life's obstacles, including:

- Stress, anxiety, or depression
- Family and relationship issues
- Grief and loss
- Substance abuse or addiction
- Anger management
- Eating disorders and behavioral addictions
- Life transitions and more

Eligible employees and dependents have access to **(6) face-to-face or telephonic sessions** per year with a licensed counselor. All services are entirely confidential and support is available 24/7.

Whether you are managing stress, coping with a loss, or facing a personal or work-related challenge, GuidanceResources is here to help you take the first step toward support and healing.

Get started by calling **800.311.4327**, downloading the mobile app, or visiting www.guidanceresources.com.

Use the Web ID: **GEN311**



[CLICK HERE](#) to access the GuidanceResources
Mental Health Toolkit