

# Employee Assistance Program (EAP)

## COMPSYCH

**There are times when you cannot go it alone. With HeartShare, you don't have to.**

Sometimes we experience difficulties that cannot be resolved without the assistance of a trained professional. Unresolved issues with substance abuse, stress, anxiety, home life, and work life can affect or undermined our quality of living.

With an EAP, you and your family household members have access to free, confidential resources to help handle life's everyday— and not so every day—challenges.

### How the EAP Works

The Compsych Employee Assistance Program provides eligible employees and their families assistance with behavioral healthcare services that can help being the process of resolving emotional or substance abuse issues. You and the members of your household are entitled to three (3) face-to-face or telephonic meetings per year. The encounter with the counselor through the EAP is completely confidential.

The EAP can assist with topics such as:

- Emotional Difficulties/Depression
- Family/Relationship Problems
- Stress/Anxiety Issues
- Grief and Loss Issues
- Alcohol/Drug Abuse or Addiction
- Anger/Rage Issues
- Eating Disorders
- Life Transition Problems
- Gambling Problems
- Other Behavioral Addictions



### Contact Information

For personal and confidential assistance you may contact Compsych any of the following ways:

- Call: 800.272.7255 (TDD: 800.697.0353)
- Online: [www.guidanceresources.com](http://www.guidanceresources.com)
- App: GuidanceResources Now
- Web ID: COM589