

Here For You



# For Employees: Your Here For You Program

## What is the Employee Assistance Program?

The Employee Assistance Program is provided by ComPsych® Corporation and offers counseling, legal and financial consultation, and crisis intervention services to employees and their dependents free of charge.

## Why provide an EAP?

Because we care about our employees and their dependents. The EAP can be used free of charge as needed when you or your dependents are facing emotional, financial, legal or work-life concerns.

## Are the services confidential?

Yes, the EAP is strictly confidential. No information about your participation in the program is provided to your employer.

## Why might my family or I use the services?

There are many reasons to use these services. You may wish to contact the EAP if you:

- 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

## What happens when I call?

You will speak to a credentialed professional who can assist with a wide range of behavioral, legal, financial and work-life concerns.

## What services does the EAP provide?

### Confidential Emotional Support

The EAP provides free short-term counseling with local experts who can help with emotional concerns, including: anxiety, depression, stress, grief, loss, life adjustments, relationship and partner conflicts.

### Legal

A local legal expert is available for a free half-hour consultation per issue per year to discuss any personal legal issues, such as: divorce, contracts, estate planning, will and trusts.

### Financial

Local financial experts can assist with a wide range of issues. They offer a free half-hour consultation per issue per year for: retirement planning, taxes, relocation, mortgages, insurance, budgeting, debt, bankruptcy and more.

### Online Support

GuidanceResources® Online is an award-winning interactive Web portal with unlimited access to online information, resources, tools and other features on subjects such as health and wellness, family and relationships, work and education and local resources.

Australia	1.800.377.275 / 1300.956.253 (mobile)	Mexico	800.681.9591 / +52.3341708343 (mobile)
Austria	0800.802196	Netherlands	0.800.020.0726
Belgium	0800.261.74	Philippines	1800.1.116.0927 / +63.283953309 (mobile)
Brazil	0.800.591.7023	Singapore	800.852.3937 / (+65) 3158.6529 (mobile)
Bulgaria	guidanceresources.com	South Africa	080.0991590
Canada	1.866.641.3847	South Korea	080.822.1376
China	4001.200746	Spain	900.868553
Finland	guidanceresources.com	Sweden	020.889.844
France	0805.081906	Switzerland	0800.562.534
Germany	0800.3007347	Taiwan	00801.12.6953
Hong Kong	800.905.386	United Arab Emirates	800.0320510
India	000800.100.4444 / +91.9818711035 (mobile)	United Kingdom	0800.917.5320
Italy	800.788.706	United States	800.272.7255
Japan	0800.222.0349		



24/7 Live Assistance:  
Call: See the list for your local number



Online: [guidanceresources.com](https://www.guidanceresources.com)  
App: [GuidanceNow<sup>SM</sup>](#)  
Web ID: MSCI

