

Your GuidanceResources® Program



Anniversaries of particularly emotional events, such as those of Sept. 11, 2001, can provoke strong reactions, including a sense of grief, loss, hopelessness, anger, and anxiety.

Keep in mind that your GuidanceResources® Employee Assistance Program is available to help during these difficult times. The program is provided free of charge to all employees and their household members and offers someone to talk to, as well as other tools and resources to help you regain and maintain your emotional balance.

Confidential No-Cost Counseling

- Anxiety, depression, or other mental health concerns
- Grief, loss, trauma, and other life adjustments
- The pressure of getting life back to normal after a traumatic event



Custom Solutions

- Child and elder care resources
- Locating support groups, volunteer opportunities, community groups
- Travel planning assistance



Legal and Financial Guidance

- Insurance claims, civil or criminal procedures
- Estate planning, wills, trusts
- Loans, budgeting, debt issues



GuidanceResources® Online

- Articles, podcasts, videos, and tutorials and online Huddles communities for support, education, and self-care practices
- Arrange counseling or other EAP services



ComPsych Huddles

- Online groups for your well-being journey
- Focus on education, skill building and peer connection
- Participants can view the calendar on guidanceresources.com



Live
Assistance

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: Enter your company-provided Web ID



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