

No matter what's going on in your life, GuidanceResources® is here to help.

Personal problems, planning for life events or simply managing daily life can affect work, health and family. The feeling "I can handle it myself" can be adding to the pressures at work and at home.

ComPsych®, The GuidanceResources Company®, has been selected by Tri-State Health Care Coalition to provide support, resources and information to member organizations and their employees on a confidential basis. This brochure explains how this program can help member organizations and their employees get the support they need, when they need it.



ABOUT COMPSYCH®
The GuidanceResources Company®

Founded in 1984, ComPsych® is the world's largest provider of employee assistance programs and is the leading provider of fully integrated EAP, behavioral health, wellness, work-life, crisis intervention services and outsourced HR solutions under the GuidanceResources® brand. ComPsych provides services to more than 29 million individuals and 9,400 organizations throughout the U.S. and 92 countries.

COMPSYCH®
— The GuidanceResources Company® —

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GuidanceResources®:
Employee Assistance Program
(EAP)



Your Single Source for Support, Resources & Information

Confidential Counseling on Personal Issues

An Employee Assistance Program (EAP) is a confidential counseling service to help address the personal issues your workforce is facing. This service, staffed by experienced clinicians, is available by calling a toll-free phone line 24 hours a day, seven days a week. Guidance Consultants will refer to local counselors or to resources in the community. Call any time with concerns, including:

- › Relationships
- › Job pressures
- › Problems with your children
- › Marital conflicts
- › Substance abuse
- › Grief and loss
- › Stress, anxiety or depression
- › Empty-nesting

FamilySource®

New parents, caregivers for elders, parents sending a child off to college, individuals buying a car or doing home repairs are bound to have questions or need resource referrals. Work-life specialists can help sort out the issues and provide information based on the individual's specific criteria. Individuals receive a personalized reference package containing helpful resources and literature, covering areas such as:

- › Finding child or elder care
- › Finding pet care
- › Planning for college
- › Purchasing a car
- › Relocating to a new city
- › Home repair
- › Entertaining family and friends

LegalConnect®

When a legal issue arises, attorneys are available to provide confidential support with practical, understandable information and assistance. If representation is required, individuals can also be referred to a qualified local attorney for a free 30-minute consultation with a 25% reduction in customary legal fees thereafter. Call with legal concerns including:

- › Divorce and family law
- › Bankruptcy
- › Debt obligations
- › Criminal actions
- › Landlord and tenant issues
- › Civil lawsuits
- › Real estate transactions
- › Contracts

FinancialConnect®

Financial issues can arise at any time, from dealing with debt to saving for college. Our financial professionals are here to discuss concerns and provide the tools and information needed to address finances, including:

- › Getting out of debt
- › Saving for college
- › Retirement planning
- › Tax questions
- › Credit card or loan problems
- › Estate planning

GuidanceResources® Online

GuidanceResources® Online is the one stop for expert information to assist individuals with the issues that matter to them, from personal or family concerns to legal and financial concerns. Each time individuals will receive personalized, relevant information based on their individual life needs.

Such as:

- › Review in-depth HelpSheetsSM on your topics
- › Get answers to specific questions
- › Search for services and referrals
- › Use helpful planning tools
- › Order pre-screened reference books



Pricing Structure Available Upon Request