



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

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

ComPsych® GuidanceResources® has been selected by Tri-State Health Care Purchasing 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.



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GuidanceResources®

Employee Assistance Program (EAP)



Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.



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. A GuidanceConsultantSM will refer employees to local counselors or to resources in the community.

Call any time with concerns, including:

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



FinancialConnect[®]

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

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



LegalConnect[®]

When a legal issue arises, our attorneys are available to provide confidential support with practical, understandable information and assistance. If you require representation, you can also be referred to a qualified attorney in your area for a free 30-minute consultation with a 25% reduction in customary legal fees thereafter. Call any time with legal issues including:

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



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



GuidanceResources[®] Online

GuidanceResources[®] Online is your one stop for expert information to assist you with the issues that matter to you, from personal or family concerns to legal and financial concerns. Each time you return, you will receive personalized, relevant information based on your individual life needs. You can:

- 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

Cost of the Program			
	3-session	5-session	8-session
Fully Integrated GuidanceResources[®]			
EAP FamilySource [®] LegalConnect [®] FinancialConnect [®] GuidanceResources [®] Online	\$1.32*	\$1.44*	\$1.72*
EAP Only			
Includes GuidanceResources [®] Online	\$1.05*	\$1.16*	\$1.44*
FamilySource[®]	\$0.17*		
LegalConnect[®]	\$0.11*		
FinancialConnect[®]	\$0.08*		

* per employee per month