Guidance Resources Program

24/7 multilingual access to master’s and doctoral-level professionals

12 session model per person, per issue, per year

Integrated work-life services, including:
- FamilySource®
- LegalConnect®
- FinancialConnect®

GuidanceResources® Online & GuidanceNow℠ App
Available 24 Hours a Day

Online: www.GuidanceResources.com
Web ID: SmithEAP

Phone Numbers: 855-784-2056

Available for you AND your family members

Program is strictly confidential
Confidential Counseling

12 counseling sessions per person, per issue, per year for:

- Work and life relationships
- Stress, anxiety and depression
- Grief and loss
- Substance abuse
- Raising children
- Caring for elderly parents

Confidential discussions with local ComPsych® counselors who understand your needs and issues
Convenient Alternatives to Traditional Counseling

We offer multiple points of access to our services so that participants of all ages, locations and abilities can get the support they need. Our programs include:

**Telephonic Counseling**
- Delivered by licensed and credentialed providers
- Available for individuals who cannot or do not want to schedule face-to-face sessions
- Scheduling and counseling process is the same as in-person counseling

**Video Counseling**
- Delivered by licensed and credentialed providers
- Scheduling and counseling process is the same as in-person counseling
- Process allows providers to observe the nonverbal cues and responses critical to assessment and treatment

**Chat Counseling**
- Real-time, scheduled chat counseling sessions via partnership with BetterHelp
- Provided through a secure portal
- Participants can text their counselors directly on a 24/7 basis
Legal and Financial Services

Legal Services
Unlimited telephonic support with legal experts to address such issues as:

- Family challenges
- Landlord tenant problems
- Criminal issues

Financial Services
Unlimited telephonic support with financial experts to address such issues as:

- Budgeting
- Debt
- Money management
Work-Life Balance

Information, referrals, and resources for work-life needs

Addressing work-life balance issues by providing practical information and referrals

- Child and elder care
- Educational options
- Community information (farmers markets, local events, etc.)
- Home improvement
- Buying/selling a home, relocation
- Assistance with shopping and locating items
- Information on government programs such as Medicare, Medicaid and SSDI
- Retirement planning, taxes
- Vacation planning
- Wedding planning
- Pet care
- Planning your child's themed birthday party
- Locating fitness centers/recreational activities
- Buying/Selling a car
GuidanceResources® Online

Expert resources available 24/7

- Access from anywhere, anytime
- Click to Chat with a GuidanceConsultant℠
- HelpSheets℠ on thousands of topics vital to your employees
- Localized online resources — now in 65 countries
- Training programs
Online Information, Tools and Services
Thank You for Attending

Your single source for confidential support, expert information and valuable resources, when you need it the most.

Available 24 hours a day, 7 days a week

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Toll-Free Number: 855-784-2056