

# Ability Assist Counseling Services

Help for you and your family to find solutions and restore peace of mind. Legal consultation, Parenting, Senior care, Childcare, Pet care and Financial Services & Referral.

## Type of Service

- Online: 24/7 access to GuidanceResources® Online (offered by ComPsych).
- Available to employees and their dependents.
- Provides up to three (3) in-person **confidential** counseling sessions per presenting problem (stress, anxiety, job depression, grief and loss, etc.).
- Provides financial information and resources (getting out of debt, retirement planning, etc.).

## EAP (Employee Assistance Program)

Call: 800-327-1850  
Online: [www.guidanceresources.com](http://www.guidanceresources.com)  
Your web ID: **HLF902**