

# Employee Assistance Program (EAP)

Just when you think you have it figured out, along comes a challenge! Whether those challenges are big or small, your EAP Support Program is available to help you and your family find a solution and restore peace of mind.

Call ComPsych any day, any time. Support is just a phone call away whenever you need support - at no additional cost to you. An advocate is ready to help assess your needs and develop a solution to help resolve your concerns. Advocates can also direct you to an array of resources in your community and online tools. You and your household members have up to three face-to-face sessions available to use. Call for a referral to a service in your community, or advice on topics such as:

- **Parenting:** Receive guidance on child development, sibling rivalry, separation anxiety and much more.
- **Senior care:** Learn about challenges and solutions associated with caring for an aging loved one.
- **Child care:** Whether you need care all day or just after school, find a place that's right for your family.
- **Pet care:** From grooming to boarding and veterinary services, find what you need to care for your pet.
- **Temporary back-up care:** Don't let an unplanned event get the best of you - find back-up child care.

For more information and to reach out for support:

- **Call:** [800-272-7255](tel:800-272-7255)
- **Online:** [www.guidanceresources.com](http://www.guidanceresources.com)
  - **Your web ID:** COM589

