



Group benefits

Emotional health support line available for your benefit

Life can be unpredictable. And it's not always easy. So it's a big deal to know there's help available when you need it.

Whether it's stress at work, family challenges, or the ups and downs of daily life—you don't have to go through it alone. With the GuidanceResources program, you and your household members have free, around-the-clock access to licensed, caring professionals by phone.

You can access emotional support assistance to:

- Connect with a licensed mental health professional
- Find resources for a child struggling with difficult situations
- Gain access to tools to support healthy coping
- Locate resources for burnout, stress, grief/loss, or parenting

Call the emotional health support line at 866-379-0898 for situations like:



Alcohol or drug misuse



Stress, anxiety, and depression



Marital and family conflicts



Dealing with change



Job pressures



Grief and loss



ComPsych GuidanceResources® isn't just a support solution—it's a lifeline. With over 40 years of experience and more than 160 million people supported, ComPsych offers services that enhance employee well-being and strengthen organizational effectiveness at every stage of life. Through its employee assistance program (EAP), ComPsych provides meaningful support to help individuals manage stress, improve mental health, and navigate life's challenges through their network of 120,000+ clinical care providers. ComPsych also helps businesses reduce absenteeism and offers support during critical incidents. These programs are built to meet the unique needs of employees while equipping employers with tools to create healthier, more resilient workplaces.

 24/7 live assistance

Call 866-379-0898.

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