

# YOUR EAP

## Whatever life throws at you, throw it our way.

Through New York Life's partnership with ComPsych, you and your family members have free access to **Employee Assistance and Wellness Support.**

Get help with:



Stress, anxiety, and work-life balance



Legal and financial concerns



Family care resources



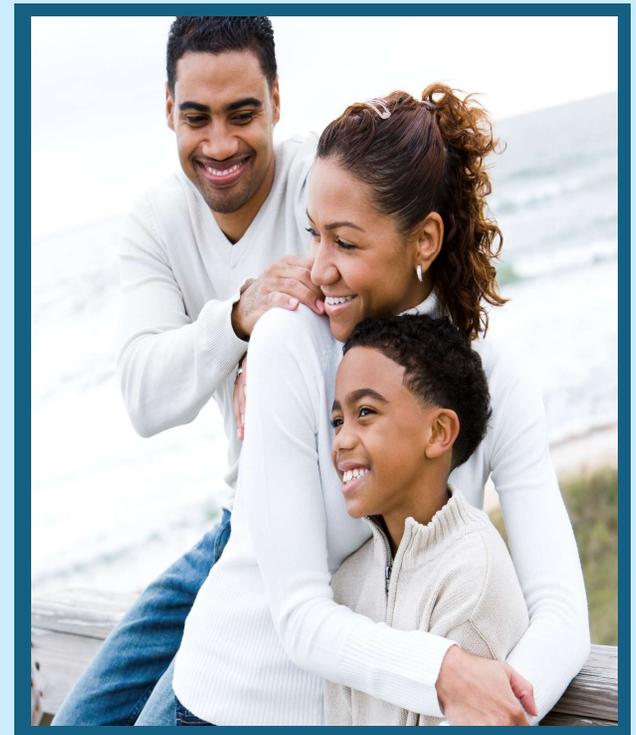
Health and wellness coaching



**24/7 Support: (800) 344-9752**



**[guidanceresources.com](https://guidanceresources.com)**



# Get help today!



## First time user?

1. Go to [guidanceresources.com](https://guidanceresources.com)
2. Click **Register**
3. Enter Organization Web ID **NYLGBS**
4. Enter first five letters of your company:  
**Sprin**
5. Create your username and password
6. Complete required fields and submit

## Mobile access:



Download the **GuidanceResources** app from your app store. Log in with your username and password.

Benefits available to you and your family members at no cost include:

**Employee Assistance Program** provides a maximum of three sessions, per issue/occurrence, per year.

**Well-being Coaching** provides access to five sessions per year.

*These sessions can be virtual or face-to-face.*

***If you need immediate assistance, call or text the National Suicide and Crisis Lifeline at 988.***