ComPsych | GuidanceResources®

for employees

What is the Employee Assistance Program?

Provided through ComPsych® GuidanceResources®, the Employee Assistance Program (EAP) offers counseling, legal and financial consultation, work-life assistance, and other health and well-being resources.

The EAP is available at no cost to you and your household members to help with emotional, financial, legal or other concerns, whether at work or at home, anytime of the day or night. Just call your designated number or log on to the the EAP website, GuidanceResources® Online, for immediate assistance.

Why would someone use the EAP?

There are many reasons. **Among the most common are:**

1. **Feeling overwhelmed** by the demands of balancing work and family.
2. Experiencing **stress, anxiety** or **depression.**
3. Dealing with **grief and loss or separation.**
4. Having concerns about **substance misuse** for yourself or a dependent.
5. Needing assistance with **child or elder care** concerns.
6. Struggling with **legal or financial** issues.

Can my children use the EAP?

Yes. The EAP is a benefit for employees and each of their household family members, including children.

What happens when I call?

When you call, you will speak with a GuidanceConsultant℠, a trained intake counselor who will collect some general information about you and discuss your needs. They will then work with you to develop a plan of action and help you schedule appointments or access other services.

What counseling services are provided?

The EAP provides free short-term counseling in person, over the phone or via video call with local providers who can help you with your concerns.

Many issues can be resolved with short-term counseling provided through the EAP. If you need longer-term treatment beyond what the EAP provides, you will be referred to a specialist and given help arranging services.

Strict EAP confidentiality.

No personal information about your participation in the EAP will be provided to your employer without your permission.

24/7 Live Assistance

Call: 866-517-1278
App: GuidanceNow®
Web ID: SAUSD
Online: guidanceresources.com

TRS: Dial 711

Scan for more resources →

Copyright © 2025 ComPsych. All rights reserved. This information is for educational purposes only.