ComPsych | GuidanceResources®

SAUSD The Future Begins Here

Your *new* Employee Assistance Program

Dear Employee,

We are pleased to announce ComPsych® GuidanceResources® as the new provider of our Employee Assistance Program services. The GuidanceResources program offers confidential counseling, expert guidance, and valuable resources to help you and your household members handle any of life's challenges, big or small. These services are provided at no charge and include:

Confidential Emotional Support

Life can be stressful. Your EAP provides short-term counseling to help handle concerns constructively, before they become bigger issues. Call anytime about topics such as marital, relationship, and family problems; stress, anxiety, and depression; grief and loss; job pressures, and substance use.

Legal Guidance

With GuidanceResources, you have an attorney "on call" whenever you have questions about legal concerns such as divorce, custody, adoption, real estate, debt and bankruptcy, landlord or tenant issues, civil and criminal actions, and more. If you need representation, you can be referred to a qualified attorney for a free 30-minute consultation and a 25 percent discount on legal fees.

Financial Information

Everyone has financial questions. Get the answers you need to handle budgeting, debt management, tax issues, and similar money concerns from our staff of accountants, financial planners, and other experts simply by calling your toll-free number.

Work and Lifestyle Support

Too much to do and too little time to get it all done? Work-Life experts can do the research for you and provide qualified referrals and customized resources for topics such as child and elder care, moving, pet care, college planning, home repair, buying a car, planning an event, selling a house, and more.

Get Help Anytime, Anywhere

To access services:

Call **866-517-1287** to speak to a highly trained, caring professional who will guide you to the services you need.

Go to guidanceresources.com and enter your company ID: **SAUSD**

Assistance is always confidential. View the ComPsych HIPAA privacy notice at **guidanceresources.com/privacy.**

Digital Support

Go to GuidanceResources Online to connect directly to counseling, work and lifestyle support, and other resources, such as search tools for child care and legal services. Not sure what you need? Take a brief well-being assessment, which evaluates your needs across six primary care pillars: Mental, Emotional, Physical, Social, Legal, and Financial. The platform benchmarks your results and provides a series of personalized, multistep Well-Being Plans tailored to you. You can also access an array of articles, videos, and other media on thousands of topics, along with on-demand trainings, podcasts, and more.

24/7 Live Assistance

Call: 866-517-1287 **TRS:** Dial 711
App: GuidanceNow℠ **Web ID:** SAUSD
Online: guidanceresources.com

Scan for more resources

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