



Employee Assistance Plan (EAP)

COMPSYCH®
—The GuidanceResources Company®—

Guardian®

Life is challenging. We can help. Confidential 24/7 Support.

SOMETIMES LIFE CAN FEEL OVERWHELMING. IT DOESN'T HAVE TO.

Your ComPsych Guidance Resources program provides confidential counseling, expert guidance, and valuable resources to help you handle any of life's challenges, big or small.

Provided at no cost for full time Peoplease employees.

SERVICES

CONFIDENTIAL EMOTIONAL SUPPORT

- Anxiety, depression, stress
- Grief, loss, and life adjustments
- Marital conflicts

WORK AND LIFESTYLE SUPPORT

- Child, elder, and pet care
- Moving and relocation

LEGAL GUIDANCE

- Divorce, adoption, and family law
- Wills, trusts, and estate planning
- Free consultation and discounted local representation

FINANCIAL RESOURCES

- Retirement planning, taxes, and bankruptcy
- Mortgages and insurance

DIGITAL SUPPORT

- Connect to counseling, work-life support or other services

ONLINE WILL PREPARATION

- Quickly and easily complete a will on your computer with EstateGuidance

WELLNESS SUPPORT

- Make positive lifestyle changes with health coaching
- Improve your nutrition, exercise habits, weight loss efforts, and smoking cessation



24/7 LIFE ASSISTANCE

CALL: (855) 239-0743

TRS: DIAL 711

WWW.GUIDANCERESOURCES.COM

APP: GUIDANCENOW

WEB ID: GUARDIAN