

# EMPLOYEE ASSISTANCE PROGRAM (EAP)

## COMPSYCH



There are times in life when you might need a little help coping or figuring out what to do. Take advantage of the Employee Assistance Program (EAP) which includes WorkLife Services and is available to you and your family from ComPsych. It's confidential — information will be released only with your permission or as required by law.

This program is employer paid and all FDM Group employees may utilize these EAP services regardless of enrollment in other benefits. You, your dependents (including children to age 26) and all household members can contact master's-degreed clinicians 24/7 for counseling sessions by phone, online, email. There's even a mobile EAP app. Receive referrals to support groups, a network counselor, community resources or your health plan. If necessary, you'll be connected to emergency services.

When you call the EAP program, they will provide counseling options. You can call the counselor directly to set up your appointment, or have ComPsych call and schedule the appointment.

**Your program includes up to three face-to-face assessment and counseling sessions per issue. EAP services can help with:**

- Depression, grief, loss and emotional well-being
- Family, marital and other relationship issues
- Life improvement and goal-setting
- Addictions such as alcohol and drug abuse
- Stress or anxiety with work or family
- Financial and legal concerns
- Online will preparation

## WorkLife Services

WorkLife Services are included with the Employee Assistance Program. Get help with referrals for important needs like education, adoption, travel, daily living and care for your pet, child or elderly loved one.

### To Contact the EAP

Call 800.272.7255 24 hours a day, seven days a week or visit [www.guidanceresources.com](http://www.guidanceresources.com).

### Register Online

Visit [www.guidanceresources.com](http://www.guidanceresources.com) and click on "Register" to create your profile.

- Organization WEB ID: **COM589**
- Company Name: **FDM G**
- Select your Company: **FDM Group Inc.**

### Download the App!

Prefer a mobile option? Access the ComPsych GuidanceResources mobile app for secure and convenient tools anytime, anywhere across any of your devices. Scan the QR code below to begin!

