



## HUMAN RESOURCES DEPARTMENT

July 2005

Dear Town of Cary employee:

This is your number for help to solutions!                      800.272.7255 – Company ID: COM589

As of November 1, 2002, ComPsych®, the Guidance Resource Company®, is your **Employee Assistance Program (EAP)** provider. The Town of Cary chose ComPsych because it is a leading independent provider of EAP services in the country. We want to provide a full-service benefit that you and your family can easily access whenever you need it.

Most of us have to face **change, stress, or a life-altering problem** now and then. Your EAP is designed to provide short-term counseling services for you and your family, that can help you handle concerns constructively, before they become major issues.

You may call the EAP for any number of reasons:

- You've been feeling blue lately, and you can't seem to shake it.
- You are constantly having fights with your teenager.
- Work stress is becoming so distracting that you are not productive.
- Your spouse has just filed for divorce, or your relationship has been strained lately.

**LegalConnect**® provides telephone access to licensed attorneys on any legal concern you may be facing. Whether you have questions about a home purchase, estate matters or any other legal issue, a call to **LegalConnect**® will provide access to the information you need.

**FinancialConnect**® can answer your questions about budgeting, tax issues or any other money management concerns. The CPAs available through **FinancialConnect**® can guide you.

Included in your services is membership into **GuidanceResources**® **OnLine**, the Internet product that complements the programs by making information and guidance conveniently accessible. Just go to [www.guidanceresources.com](http://www.guidanceresources.com) and enter your company identification number (COM589), also found on your wallet card, to access the site.

The EAP program is available **24 hours a day, 7 days a week**, just by calling **1.800.272.7255**. The EAP toll-free line is answered by counseling professionals who can assist you with a personal dilemma and can guide you to in-person care with an expert in your area. The EAP is strictly **confidential**, as mandated by law.

The Town of Cary supports the use of, and funds this special benefit because they care about their employees. They recognize that **personal concerns** can have a significant effect on job performance causing stress and absenteeism, among other problems. Enclosed is a brochure and wallet card for your use and for you to share with your family.

**ComPsych Guidance Resources, your EAP, may be reached at 1.800.272.7255**  
**You don't need to face your problems alone.**

Town of Cary

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