



## HUMAN RESOURCES DEPARTMENT

**This is your number for help to solutions!**

**800.272.7255**

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.

The EAP program is available **24 hours a day, 7 days a week**, just by calling **1.800.272.7255**. This dedicated EAP toll-free line is answered by counseling professionals who can assist you with a personal dilemma and, if needed, can guide you to in-person care with an expert whose office is conveniently located in your area. If directed to in-person care you or your family member would be eligible for **up to 5 FREE sessions per problem, per calendar year**. The EAP is strictly **confidential**, as mandated by law. You will be asked for basic information such as name, address, telephone numbers, where you can be reached, nature of the problem, etc. However, if you are uncomfortable with providing any of that information, the only thing that is required is that you or your family member tell the counselor that you are an employee of the Town of Cary and the nature of your problem.

Also included in your new EAP program is access to **GuidanceResources® OnLine**, and unlimited telephone calls to **LegalConnect®**, and **FinancialConnect®**.

- **GuidanceResources® OnLine** complements the program by making information and guidance conveniently accessible to you on the Internet. Just go to [www.guidanceresources.com](http://www.guidanceresources.com) and enter your company identification number which is listed on your employee EAP wallet card to register for access the site. You will then be prompted to create your own User ID and password.
- **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.

**LegalConnect®** and **FinancialConnect®** are both accessed by calling the same toll-free number - **1.800.272.7255**.

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

**You don't need to face your problems alone. CALL 1.800.272.7255**