

# Employee Assistance Program (EAP)

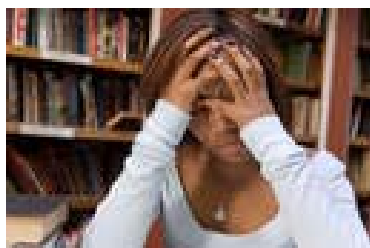
[www.guidanceresources.com](http://www.guidanceresources.com)

As a Wayne County employee and/or as a member of the Wayne County Health Insurance Plan, you have an added benefit of having an Employee Assistance Program (EAP).

An Employee Assistance Program (EAP) is a service that your employer provides to help you and your dependents in the time of personal, financial, family or work stress. Anything you talk about with the counselor/therapist is confidential, just like seeing a doctor. Unless you sign a release of information, nothing can be shared with anyone else.



## **YOU DO NOT NEED TO CARRY OTHER BENEFIT PLANS TO RECEIVE THIS BENEFIT!**



Wayne County has contracted with a counseling firm, which covers six (6) sessions of individual or couples counseling per year for each employee per issue. If you have a spouse who lives with you, they are also covered. Your children, depending on their age, may also be covered. You and/or your dependents may also qualify for sessions under the Medical Plan; however, please check your medical SPD as those benefits may be subject to copays.

What kind of problems could you bring to the EAP? Basically, anything that is bothering you. Some examples are:

- Problems at home that are making it difficult to do your job.
- Concerns about work that make it difficult to leave it at work.
- Not getting along with co-workers or supervisors.
- Anxiety or depression and not sure what to do about these feelings.
- Concerns about your use of drugs and/or alcohol.
- And the list can go on and on.

The EAP program also offers your employer with assistance for management and supervisory issues. These would be times when your employer may mandate that you come in and meet with the counselor/therapist to discuss problems such as attendance or difficulties in doing your job.

To make an appointment, call the below number and let them know you are a Wayne County employee and would like to make an appointment **for EAP Services**. They work very hard to make sure you are the only Wayne County employee in the waiting room, so you can go there confidentially. They will not even tell your employer you are seeing them, unless you give permission or are mandated to attend.



**CONTACT INFORMATION IS AS FOLLOWS:**

**ComPsych GuidanceResources**

Phone: 877-936-7327  
TDD: 800-697-0353  
Website: [www.guidanceresources.com](http://www.guidanceresources.com)  
Web ID: OUREAP



## Call ComPsych® GuidanceResources® anytime for confidential assistance.

Call: 877.936.7327

Go online: [guidanceresources.com](http://guidanceresources.com)

TDD: 800.697.0353

Your company Web ID: OUREAP

Personal issues, planning for life events or simply managing daily life can affect your work, health and family. ComPsych® GuidanceResources® provides support, resources and information for personal and work-life issues. GuidanceResources is company-sponsored, confidential and provided at no charge to you and your dependents. This flyer explains how GuidanceResources can help you and your family deal with everyday challenges.

### Confidential Counseling

*Someone to talk to.*

This no-cost counseling service helps you address stress, relationship and other personal issues you and your family may face. It is staffed by GuidanceConsultants<sup>SM</sup>—highly trained master's and doctoral level clinicians who will listen to your concerns and quickly refer you to in-person counseling and other resources for:

- › Stress, anxiety and depression
- › Relationship/marital conflicts
- › Problems with children
- › Job pressures
- › Grief and loss
- › Substance abuse

### Financial Information and Resources

*Discover your best options.*

Speak by phone with our Certified Public Accountants and Certified Financial Planners on a wide range of financial issues, including:

- › Getting out of debt
- › Credit card or loan problems
- › Tax questions
- › Retirement planning
- › Estate planning
- › Saving for college

### Legal Support and Resources

*Expert info when you need it.*

Talk to our attorneys by phone. If you require representation, we'll refer you to a qualified attorney in your area for a free 30-minute consultation with a 25% reduction in customary legal fees thereafter. Call about:

- › Divorce and family law
- › Debt and bankruptcy
- › Landlord/tenant issues
- › Real estate transactions
- › Civil and criminal actions
- › Contracts

### Work-Life Solutions

*Delegate your "to-do" list.*

Our Work-Life specialists will do the research for you, providing qualified referrals and customized resources for:

- › Child and elder care
- › Moving and relocation
- › Making major purchases
- › College planning
- › Pet care
- › Home repair

### GuidanceResources® Online

*Knowledge at your fingertips.*

GuidanceResources Online is your one stop for expert information on the issues that matter most to you... relationships, work, school, children, wellness, legal, financial, free time and more.

- › Timely articles, HelpSheets<sup>SM</sup>, tutorials, streaming videos and self-assessments
- › "Ask the Expert" personal responses to your questions
- › Child care, elder care, attorney and financial planner searches

*Just call or click to access your services.*

