

## Employee Assistance Program

ComPsych • (833)955-3400

The Employee Assistance Program (EAP) through ComPsych provides confidential counseling services and resources for those who may need it. Employees and dependents who participate in the State Employees Group Insurance Program may utilize this benefit. The EAP is a free, voluntary, and confidential program that provides problem identification, counseling, and referral services for employees and their covered dependents regardless of the health plan chosen. Compsych offers 24/7 support, resources & Information.

Employees can also visit the below link and use "stateofillinois" as the member web ID code to register your account.

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

### Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts

### Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care

### Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.

### Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more

### Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions

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