

Living Resources

For Employees: What is the Living Resources Program?



The Living Resources Program is provided by ComPsych® Corporation and offers counseling, legal and financial consultation, work-life assistance and crisis intervention services to all our employees and their household family members.

Why provide the Living Resources Program?

Because we care about our employees and their dependents. The program can be used free of charge as needed when you or your dependents are facing emotional, financial, legal or other concerns.

Are the services confidential?

Yes, the Living Resources Program is strictly confidential. No information about your participation in the program is provided to your employer.

Why might my family or I use the services?

There are many reasons to use these services. You may wish to contact the Living Resources Program if you:

- Are feeling overwhelmed by the demands of balancing work and family
- Are experiencing stress, anxiety or depression
- Are dealing with grief and loss
- Need assistance with child or elder care concerns
- Have legal or financial questions
- Have concerns about substance abuse for yourself or a dependent

What happens when I call?

When you call, you will speak with a GuidanceConsultantSM, a master's- or PhD-level counselor who will collect some general information about you and will talk with you about your needs. The GuidanceConsultantSM will provide the name of a counselor who can assist you. You can then set up an appointment to speak with the counselor over the phone or schedule a face-to-face visit.

What counseling services does the Living Resources Program provide?

The program provides free short-term counseling with counselors in your area who can help you with your emotional concerns.

If the counselor determines that your issues can be resolved with short-term counseling, you will receive counseling through the program. However, if it is determined that the problem cannot be resolved in short-term counseling in the Living Resources Program and you will need longer-term treatment, you will be referred to a specialist early on and your insurance coverage will be activated.

Can my children use the program?

Yes. The Living Resources Program is a confidential benefit for employees and their household family members.



COMPSYCH®
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24/7 Live Assistance

Call: 844.207.5465 | **TRS:** Dial 711

Online: guidanceresources.com | **App:** GuidanceNowSM | **Web ID:** LivingME

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