

# Employee Assistance Program

City of Plano employees, as well as their family members, have confidential access to the Employee Assistance Program (EAP) through ComPsych GuidanceResources. **Each member can receive up to six free confidential visits per issue per year.** Here are some ways the EAP can help:



## 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



## Free Online Will Preparation

**EstateGuidance<sup>®</sup> lets you quickly and easily create a will online.**

- ★ Specify your wishes for your property
- ★ Provide funeral and burial instructions
- ★ Choose a guardian for your children

Your ComPsych<sup>®</sup> GuidanceResources<sup>®</sup> program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 855-365-4754  
TDD: 800-697-0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant<sup>SM</sup>, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: [guidanceresources.com](https://www.guidanceresources.com)

App: GuidanceResources<sup>®</sup> Now

Web ID: ONEAMERICA6

Log on today to connect directly with a GuidanceConsultant<sup>SM</sup> about your issue or to consult articles, podcasts, videos and other helpful tools.

## 24/7 Support, Resources & Information