

**No matter what's going on in your life,  
GuidanceResources® is here to help.**

Personal problems, planning for life events or simply managing daily life can affect your work, health and family. The feeling “I can handle it myself” can be adding to the pressures you may feel at work and at home.

ComPsych®, The Guidance Resources Company®, has been contracted by the Greek Orthodox Archdiocese of America to provide support, resources and information to you and your family on a confidential basis, at no charge to you, as a company-sponsored benefit. This brochure explains how your program can help you and your dependents get the support you need, when you need it.

**Call: 866.641.0791**

**TDD: 800.697.0353**

**Online: [guidanceresources.com](http://guidanceresources.com)**

**Enter your company ID: RQ7847E**



**ABOUT COMPSYCH®**  
**The Guidance Resources Company®**

Founded in 1984, ComPsych® is the world's largest provider of employee assistance programs and is the leading provider of fully integrated EAP, behavioral health, work-life, wellness, crisis intervention services and outsourced HR solutions under the GuidanceResources® brand. ComPsych provides services to more than 25 million individuals and 7,600 organizations throughout the U.S. and 92 countries.

**COMPSYCH®**  
— The Guidance Resources Company® —

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**Confidential Assistance Program**



# An Overview of Your Confidential Assistance Program

## Confidential Consultation on Personal Issues

Your Confidential Assistance Program (CAP) is a no-cost service available to help address the personal issues you and your dependents are facing. This service, staffed by experienced clinicians, is available by phone 24 hours a day, seven days a week. A Guidance Consultant will refer you to a local counselor or to resources in your community. Call any time with personal concerns, including:

- › Relationships
- › Problems with your children
- › Substance abuse
- › Stress, anxiety or depression
- › Job pressures
- › Marital conflicts
- › Grief and loss
- › Empty-nesting

## Legal Information and Resources

When a legal issue arises, our attorneys are available to provide confidential support with practical, understandable information and assistance. If you require representation, you can also be referred to a qualified attorney in your area for a free 30-minute consultation with a 25% reduction in customary legal fees thereafter. Call any time with legal issues including:

- › Divorce and family law
- › Debt obligations
- › Landlord and tenant issues
- › Real estate transactions
- › Bankruptcy
- › Criminal actions
- › Civil lawsuits
- › Contracts

## Information, Referrals and Resources for Work-Life Needs

Whether you are a new parent, a caregiver for an elder, sending a child off to college, buying a car or doing home repairs, you're bound to have questions or need resource referrals. Our work-life specialists will help you sort out the issues and provide you with information based on your specific criteria. You'll receive a personalized reference package containing helpful resources and literature, covering areas such as:

- › Finding child or elder care
- › Planning for college
- › Relocating to a new city
- › Entertaining family and friends
- › Finding pet care
- › Purchasing a car
- › Home repair

## Financial Information, Resources and Tools

Financial issues can arise at any time, from dealing with debt to saving for college. Our financial professionals are here to discuss your concerns and provide you with the tools and information you need to address your finances, including:

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



## Online Information, Tools and Services

GuidanceResources® Online is your one stop for expert information to assist you with the issues that matter to you, from personal or family concerns to legal and financial concerns. Each time you return, you will receive personalized, relevant information based on your individual life needs. You can:

- › Review in-depth HelpSheets<sup>SM</sup> on your topics
- › Get answers to specific questions
- › Search for services and referrals
- › Use helpful planning tools
- › Order pre-screened reference books



**YOUR SINGLE SOURCE FOR SUPPORT, RESOURCES & INFORMATION**

Call: **866.641.0791** TDD: 800.697.0353

Online: **guidanceresources.com** Enter your Web site ID: **RQ7847E**