

Employee Assistance Program (EAP)

GUIDANCERESOURCES

Community Treatment Solutions offers all eligible employees an Employee Assistance Program (EAP) administered through Symetra called GuidanceResources®.

The EAP provides resources to assist with difficulties with relationships and coping with difficult life circumstances, managing grief and loss, communicating and dealing more effectively with stress.

Help when you need it

Your GuidanceResources® program offers someone to talk to and resources to consult whenever and wherever you need them.

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

- Call: **888.327.9573**

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

- Online: **guidanceresources.com**
- App: **GuidanceResources® Now**
- Web ID: **Symetra**



Services included for employees and household family members:

EAP

Five confidential telephonic counseling sessions per issue with experienced clinicians available 24/7

Legal Resources

Unlimited phone access to legal professionals and an initial consultation has no charge with a local attorney. Additional discounts and services are also available

Financial Resources

Unlimited phone access to financial professionals for information regarding personal finance and related issues

Work / Life Resources

Information and referrals on child care, elder care, adoption, relocation and other personal convenience matters

GuidanceResources® Online

Access to extensive content to help with personal or family concerns, and access to helpful planning tools, discount programs and more

Health Risk Assessments

Online access to a health risk assessment survey and a variety of health management tools and information