

Our Program

Personal and workplace challenges can negatively affect your wellness. That's where we come in. The ComPsych Guidance Resources gives you and your loved ones completely free, entirely confidential access to the counseling, programs, tools and services you need to live a balanced and happy life.



The ComPsych Employee Assistance Program (EAP) has the tools and resources designed to help you overcome life challenges that can affect your health, family life or job performance.

We're built on the belief that genuine good health comes from balanced care of the body and mind. Personal issues, planning for life events or simply managing daily life can affect your work, health and family. Your GuidanceResources program provides support, resources, and information for personal and work-life issues.



The EAP can give you the support you need.

Whether you sense that a life challenge is just ahead, or you're already knee-deep in it, the EAP is here to help with top-notch providers, experts and offerings in these areas near you:

- Relationship and family challenges
- Life-changing events
- Legal or financial challenges
- Stress
- Excessive worry
- Feeling sad/blue
- Substance dependence or addiction
- Workplace challenges

School Board of Levy County Employee Assistance Program

The tools to find your
best self.



Resources to help you find your best self

We are here around the clock.

Start a chat: Go online or use the app for quick and easy access to experts who can immediately point to the right direction.

Call the helpline: An EAP professional is always a phone call away to connect you with a provider in your area that suits your specific desires and needs. Contact the helpline at 855-387-9727 any day or hour.

Request a session online: Request an EAP session online from the comfort of your home or workplace computer. The option to search for and request a specific provider is also available, all while maintaining the utmost confidentiality and privacy.

Visit online:
www.guidanceresources.com to view more than 10,000 resources to assist you in your improvement journey.

Our expansive list of EAP resources include:
Assessment and Referral: In-person or telephone assessments are available to help match you with the appropriate EAP service, health plan or community services.

Short-term counseling: Certified, licensed and passionate professionals are available to help you manage almost any part of your life. Contact 855-387-9727 for access to in-person or telephone counseling.

Relationship support: Staff are on hand around the clock to help you find resources to work through parental, personal or work-related relationship challenges.

Legal or financial service: Access our network of attorneys and financial counselors who can provide legal expertise and advice on a multitude of challenges. Connect with them in-person or online as well or explore a database of customizable legal documents for wills, estate planning, asset sales and more.



Health Resource Library: Search a comprehensive collection of articles, videos, self-assessments, calculators and planners for information on thousands of topics designed to help improve your health.

Weekly tips: Sign up for weekly tips and advice on how to work through stress, parenting, being your best at work and other helpful material delivered right to your inbox.

The EAP program app can be downloaded now on:



Open your Apple/Google store on your mobile device and search for "Guidance Resources". You will need to enter the company code which is

ONEAMERICA3

To take advantage of these benefits, call ComPsych GuidanceResources Program at 1-855-387-9727 or log onto www.guidanceresources.com. The login or access code is **ONEAMERICA3**