

Employee Assistance Program



Harrison Senior Living is pleased to offer EAPEssential from ComPsych® Guidance Resources® at no cost to you and your immediate family.

Confidential Counseling | Someone to talk to.

This no-cost counseling service helps you address stress, relationship, and other personal issues you and your family may face. EAPEssential provides unlimited telephonic intake 24/7 and up to three telephonic professional counseling sessions. It is staffed by GuidanceConsultantsSM—highly trained master's and doctoral level clinicians who will listen to your concerns and quickly refer you to telephone counseling and other local resources for:

- Stress, anxiety and depression
- Job pressures
- Grief and loss
- Relationship/marital conflicts
- Problems with children
- Substance abuse

Financial Information and Resources | Discover your best options.

Speak by phone with Certified Public Accountants and Certified Financial Planners on a wide range of financial issues, including:

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

Legal Support and Resources | Expert info when you need it.

Talk to an attorney by phone. If you require representation, Guidance Resources® will refer you to a qualified attorney in your area for a free 30-minute consultation with a 25% reduction in customary legal fees thereafter. Call about:

- Divorce and family law
- Real estate transactions
- Debt and bankruptcy
- Civil and criminal actions
- Landlord/tenant issues
- Contracts

Work-Life Solutions | Delegate your “to-do” list.

Guidance Resources® Work-Life specialists will do the research for you, providing qualified referrals and customized resources for:

- Child and elder care
- College planning
- Moving and relocation
- Pet Care
- Making major purchases
- Home Repair

GuidanceResources® Online | Knowledge at your fingertips.

GuidanceResources Online is your one stop for expert information on the issues that matter most to you...relationships, work, school, children, wellness, legal, financial, free time and more.

- Timely articles, HelpSheetsSM, tutorials, streaming videos and self-assessments
- “Ask the Expert” personal responses to your questions
- Childcare, elder care, attorney and financial planner searches

24/7 Support, Resources & Information

EAPEssential offers someone to talk to and resources to consult whenever and wherever you need them.

By Phone...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.

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

Call: 800.460.4374

TDD: 800.697.0353

Online: www.guidanceresources.com

App: GuidanceResources® Now

Web ID: EAPEssential