

EMPLOYEE ASSISTANCE PROGRAM

An employee assistance program (EAP) assists employees with personal problems and/or work-related problems that may impact their job performance, health, mental and emotional well-being. Your EAP offers these services to help you and your family deal with the big and little things:

- Self-care mobile apps to help with insomnia, anxiety, depression, substance use, obsessive compulsive disorder and chronic pain
- Health and wellness articles, guides webinars and podcasts
- Online assistance with elder care, child care and other family life resources
- Five face-to-face visits per calendar year per household
- Help with teen and adolescent issues, including eating disorders and relationships
- Tips on parenting and grandparenting
- 24/7 phone consultation with licensed mental health professionals and referrals to supportive resources
- Ongoing personal coaching sessions with scheduled telephonic appointments.



Help when and where you need it - day or night:

Life's challenges don't always happen during regular business hours. That's why you and your family have 24/7 access to your EAP.

 888-327-9573 / TDD: 800-697-0353 - when calling, mention SYMETRA as the employer sponsor,

 guidanceresources.com (web ID = SYMETRA)