

Employee Assistance Program



Get to Know Your Employee Assistance Program

Find professional support when you need it for challenging life events.

CompPsych GuidanceResources is an Employee Assistance Program (EAP). You and your family members can use EAP services.

Reach Out

Don't be afraid to reach out for help. Your health records are kept private from your employer, as required by law.

- Call: 800-890-1213
- Online: [guidanceresources.com](https://www.guidanceresources.com)
- App: **Guidance Now**
- Web ID: **BCBSILEAP**

Revision #2

Created 6 January 2025 18:36:27 by Suzanne Housty

Updated 6 January 2025 18:38:36 by Suzanne Housty