

Roehl's Employee Assistance Program

24/7 SUPPORT, RESOURCES, & INFORMATION

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

Confidential Emotional Support

Highly trained clinicians will listen to your concerns and quickly refer you to in-person counseling and other resources if needed for:

- Anxiety, depression, stress
- Grief, loss, and life adjustments
- Relationship/marital conflicts



Online Support

GuidanceResources online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand training
- "Ask the expert" personal responses to your questions

Online: guidanceresources.com

App: GuidanceResources Now

Web ID: [My5848i](#)

Contact Your GuidanceResources Program

Call: 877-533-2363

TTY: 800-697-0353

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.

