

# ComPsych® Huddles

Everyone's journey is different. This is especially true when it comes to each person's individual health and well-being goals. While some might choose guided digital self-serve tools and resources, others might find live engagement or peer support beneficial to their well-being journey. And that's what ComPsych® Huddles are all about.

ComPsych® Huddles are interactive virtual groups focused on psychoeducation, skill building and peer connection. They provide a space for participants to learn and grow in while addressing topics meaningful to their own self-selected journey. Participants can simply view the calendar of upcoming Huddles on GuidanceResources® Online/GuidanceNow™ app and self-register for topics that resonate with them. Huddles includes a range of 30- to 50-minute well-being topics focused on self-care, skill building, and resiliency, such as:

- Self-Care and Resiliency
- Everyday Mindfulness
- Relaxation Techniques
- Improving Sleep
- Nutrition 101
- Personalize Your Physical Activity
- Mood Management
- And more

Led by our highly experienced staff of licensed counselors and certified well-being coaches, participants will learn key information on the topic and then are invited to engage in a discussion and share their experiences and even helpful tips with peers. When appropriate, the Huddles leader will facilitate live skill-building practices and exercises.

**Everyone's journey is different. We're here to help you on yours.**

## About ComPsych®

ComPsych® Corporation is the world's largest provider of employee assistance programs (EAP) and is the pioneer and worldwide leader of fully integrated EAP, behavioral health, wellness, work-life, HR, FMLA and absence management services under its GuidanceResources® brand. ComPsych® provides services to more than 68,000 organizations covering more than 139 million individuals throughout the U.S. and 200 countries. By creating "Build-to-Suit" programs, ComPsych® helps employers attract and retain employees, increase employee productivity and improve overall health and well-being. For more information, visit [www.compsych.com](http://www.compsych.com).

**Your Life. Your Work. Your Best.®**



## Key Benefits

- **Peer Connection:** Provides opportunity for peer support and connection
- **Access:** Provides another low-barrier access point for services that meet various preferences and well-being goals
- **Resiliency/Prevention:** Focuses on self-care and coping skills building, which support resiliency building for low acuity issues
- **Self-Selected:** Allows individuals to select topics of interest to them and their personal well-being journey, as opposed to participating only in organization-sponsored webinars and other well-being events

800.851.1714 | [info@compsych.com](mailto:info@compsych.com) | [www.compsych.com](http://www.compsych.com)