

Your EAP: Flexible Solutions for Emotional Counseling



Which of us wouldn't be healthier if we just had more time and more options? Flexible telehealth solutions from your GuidanceResources® Employee Assistance Program offer both.

Through your EAP, you enjoy 5 free counseling sessions per issue per year for you and each of your household members. Thanks to the telehealth solutions from your EAP, you have options for how, when and where you access these services. Schedule standard face-to-face sessions with a counselor, or opt to receive assistance over the phone, via video link or even through online Chat.

Whether you have scheduling problems, an illness or injury that limits mobility, or just prefer the flexibility and accessibility of telehealth options, your EAP has you covered.

Counseling Options

- **Face-to-Face:** Our vast network of counselors means you can find someone in your area to meet with you in person at times and locations that fit your busy schedule.
- **Telephone:** If in-person counseling is not possible or not appealing to you, counseling services can be provided over the phone. Get all the benefits of speaking with a highly qualified clinician without the hassle of an office appointment.
- **Video:** Scheduled as easily as face-to-face sessions, video counseling appeals to those who desire an alternative to in-person counseling. All that's required is a webcam and software, which can be downloaded for free, to use this option.
- **Online Chat:** Accessible through GuidanceResources® Online, Chat is staffed by master's-level intake clinicians. The service provides a discreet alternative for seeking a referral, scheduling an appointment with a clinician, asking questions or inquiring about other EAP services. Chat is conducted in real-time, giving you immediate help.

Additional Online Tools

- **Digital Self-Care Tools:** Your EAP offers myStrength®, a digital self-care platform, that connects you with interactive behavioral health tools and resources through your smartphone, computer or tablet. Log on for guided programs on anxiety, chronic pain, depression, mindfulness, sleep improvement, stress and more.
- **GuidanceResources® Online:** Our award-winning website, guidanceresources.com, offers users a customized online experience designed to engage you through a variety of cutting-edge, interactive tools and other resources.



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Online: guidanceresources.com
App: GuidanceNowSM
Web ID: SouthDakota

