



**Whatever the Issue, Wherever You Are,
Your EAP Can Help**

Your Employee Assistance Program

Your EAP offers confidential counseling, expert legal and financial guidance, work-life assistance and much more to help you be your best, at work and at home.

You may call the EAP for any number of reasons:

- When you're struggling with child or elder care
- When you need tax guidance
- When you're working on expanding your social network
- When you'd like to speak with a local legal expert about your mortgage or rental agreement
- When you need an attorney for family issues or debt obligations
- When you're having trouble fitting in at a new workplace
- When you are working on integrating new information from a training session into your daily life
- When you're moving to a new location and would like to learn more about the local laws and customs



Remember, you can contact the EAP 24/7 for assistance and resources for any issues you face.

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Call: 888-399-5875

TRS: Dial 711

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: GFSEAP





How your **EAP** can help: **Public Speaking**

Your Employee Assistance Program

David was working on building his confidence and communication skills when speaking in a group setting.

How the EAP helped: David began regularly attending sessions with a counselor to work on these issues. After learning how to control his breathing and stress levels, as well as working on his self-esteem, David reported being able to articulate thoughts more effectively and express them with confidence when speaking to a group. As a result, he was able to enhance his customer presentation skills while also being able to work more comfortably with his colleagues.



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How your **EAP** can help:
New mother returning to work

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Stacie, a mother returning to work from maternity leave has registered her 14-month-old son, Aidan, with a nursery, but she is worried about how the child will adapt to his new environment.

How the EAP helped: Stacie called a GuidanceConsultant™ who set up an appointment with a counselor. Speaking over the phone, the counselor helped her talk through parental fears and anxiety, gave suggestions for easing Aidan's transition to the nursery and suggested some articles on GuidanceResources® Online about keeping kids in day care healthy and happy. After a brief adjustment period, both Stacie and her son made a successful, stress-free transition to their new environments.



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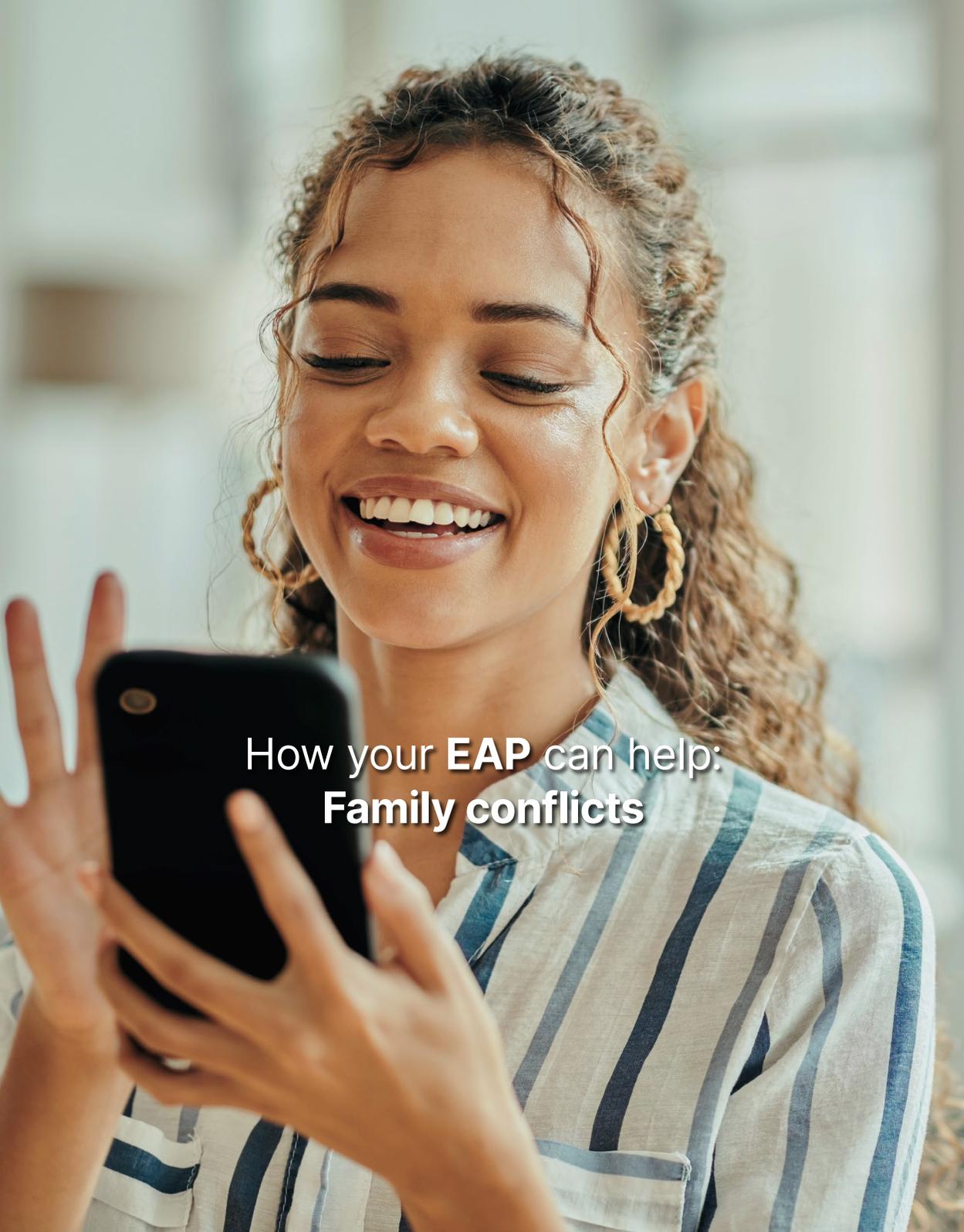
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How your **EAP** can help:
Family conflicts

Your Employee Assistance Program

Nancy was having problems concentrating on work due to a series of family conflicts.

How the EAP helped: After discussing her issues with a local counselor, Nancy started a program to improve her relationship management, including discussions on how to communicate without causing conflict. She also worked on skills to help her keep her temper during arguments. At the counselor's suggestion, she and her spouse began joint counseling and now report that their relationship has improved, allowing Nancy to concentrate when at work and to enjoy being home with her spouse.



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How your **EAP** can help:
Relocation

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Vince and his wife, Jane, just relocated for Vince's new job as a human resources director. The move was costly, and being in a new location is causing a lot of anxiety for Jane.

How the EAP helped: Vince called the EAP and connected with a counselor who put together a plan to address the couple's financial situation and help them integrate more easily into the new environment. They were connected with a highly skilled financial expert from the EAP who helped them get a better handle on their finances, debt and investments. Jane also met with a counselor to talk through her anxiety about living in a new part of the country where she knew few people. After suggesting several books and articles about learning to accept and flourish in challenging situations, the counselor also put Jane in touch with a local social groups, which has helped her make new friends.



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How your **EAP** can help:
Debt issues

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Dan was worried about mounting debts because of high credit card balances. With interest piling up daily, he was afraid they would never be paid off.

How the EAP helped: Dan called the EAP and was put in touch with a highly skilled financial expert. Together, they worked on a budget that, with a little sacrifice, would allow Dan to pay off the credit card debt within a year and to begin saving for the new car he's always wanted. The financial expert also sent several articles from GuidanceResources® Online explaining how to stick to a budget and keep credit card use under control. Dan is steadily paying down his credit card balances and looking forward to being debt-free for the first time in years.



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How your EAP can help: Relationships and Anxiety

Your Employee Assistance Program

John reported that his spouse's health issues were causing him anxiety but that she wouldn't listen to his advice.

How the EAP helped: John met with a local counselor regularly, shared his issues and started to work on improving his approach to this difficult situation. At the counselor's suggestion, he began to focus on the things within his control, such as preparing healthy meals for his wife and himself, and started to pursue personal passions and hobbies like playing the piano again, which helped alleviate anxiety and refocus his attention away from stressful subjects. As a result, John found himself less anxious and was able to work on improving communication with his wife. Their improved relationship allowed John and his wife to sit down and create a plan to improve her health habits and get the help she needs. John has also found that, thanks to the new skills learned in counseling, his resiliency has improved, allowing him to reduce frustration and better face emotional challenges in general.



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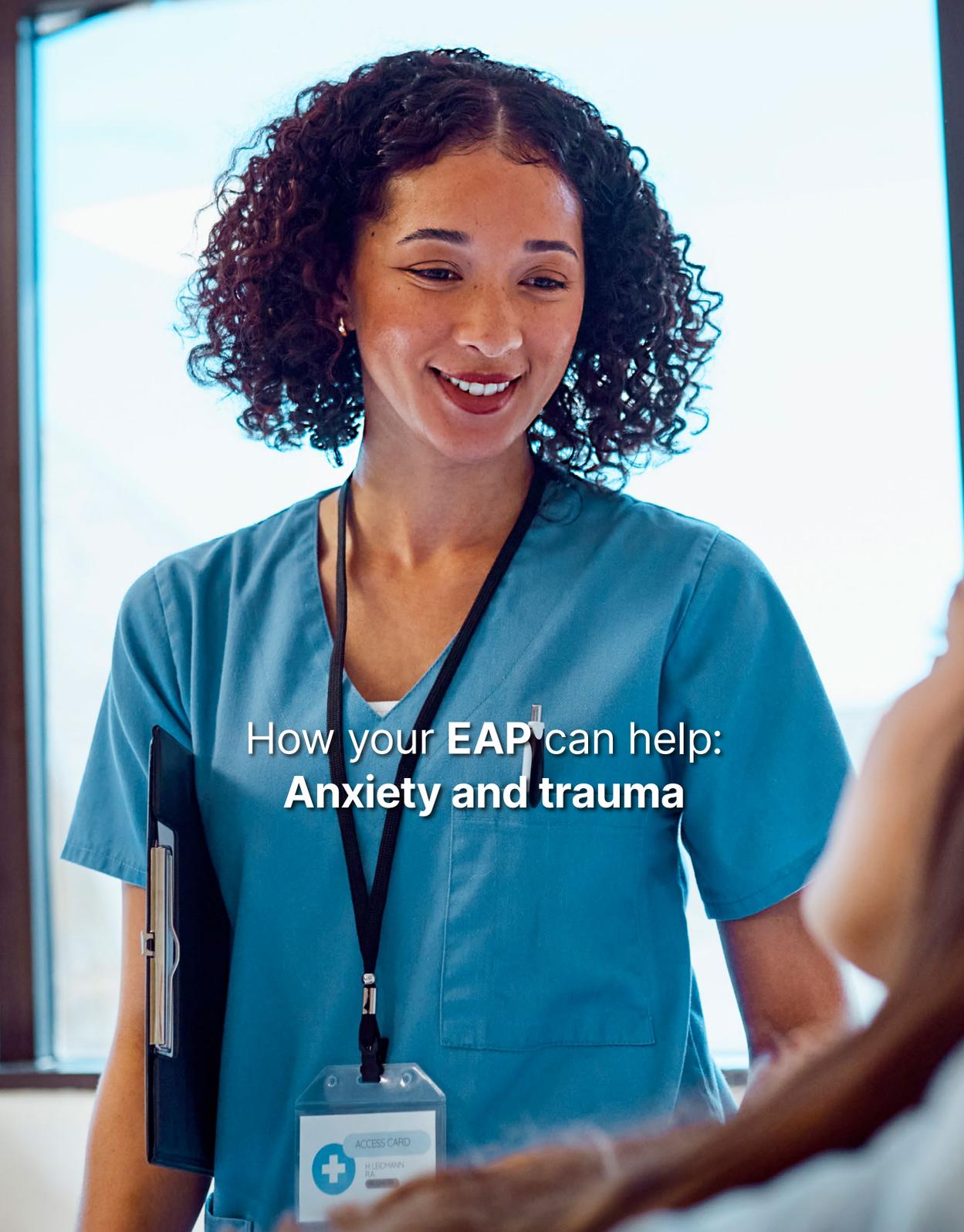
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How your EAP can help: Anxiety and trauma

Your Employee Assistance Program

Alicia, an ER nurse, was injured by a patient and forced to take time off. Alicia is feeling anxious about returning to work.

How the EAP helped: Alicia reached out to the EAP and connected with a counselor who works frequently with patients dealing with severe anxiety and panic attacks. Over several sessions, they worked on developing tools to help Alicia control the mental and physical reactions she has been experiencing. Alicia feels that she's made great progress in the EAP sessions but that she will likely need continued intensive support as she returns to the hospital. The EAP helped her arrange for sessions to continue with her current counselor under her private health care coverage during and after her return to work.



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How your **EAP** can help:
Estate Planning

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Melissa's spouse, Steve, suffered a minor stroke. Amid the health scare, they realized that they needed to stop putting off their estate planning.

How the EAP helped: In speaking with her HR rep, Melissa learned of the free EstateGuidance® online will preparation tools provided on the EAP website, guidanceresources.com. After Steve's recovery, they sat down at their home computer, logged on to the site and followed the simple step-by-step EstateGuidance® process. In minutes, they had completed their legally binding will, protecting their estate and providing for their children no matter what the future brings.



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