

# Employee Assistance Program (EAP)

In partnership with Comfort Systems USA, EAS and Envirotrol offer a secondary EAP Program with ComPsych. Log on at [www.guidanceresources.com](http://www.guidanceresources.com) with the Web ID: **CSUSA** and enjoy the many helpful articles and videos on physical and mental health, financial wellness, and other life occurrences. Download the GuidanceNow App, and enjoy the many benefits from your phone. This program is offered at no cost to employees, spouses, and dependents.

## Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.



### Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

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



### Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



### Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



### Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



### Online Support

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

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



### Tobacco Cessation

HealthyGuidance® gives you the tools to quit smoking for good, including:

- 1-on-1 counseling with a certified coach
- A personalized quit plan
- Online support and information

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

Call: 888.270.9025

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.

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceNow™

Web ID: CSUSA

Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

## 24/7 Support, Resources & Information

**COMFORT  
SYSTEMS USA**  
Quality People. Building Solutions.

Contact Your  
GuidanceResources® Program

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TTY: 800.697.0353

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