

Employee Assistance Program (EAP)

❖ Overview:

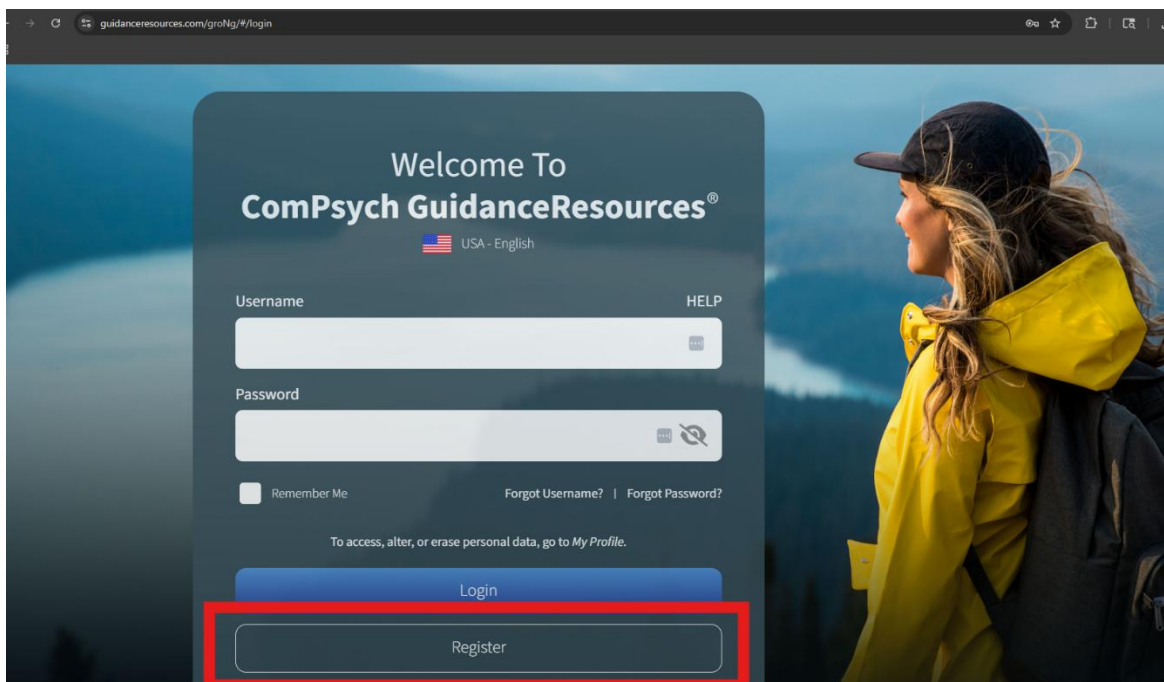
- An Employee Assistance Program (EAP) is a voluntary work-based program that offers employees free and confidential counseling.
- Some areas of counseling that the EAP may offer include, but are not limited to:
 - Stress management
 - Grief
 - Family problems
 - Substance abuse
 - Financial concerns

❖ Benefits of the EAP:

- Improve mental health and well-being
- Better ability to balance work and life
- May lead to improved job performance
- Saves the employee the cost of the services

❖ How to register:

- Step #1 – Visit the EAP website
<https://www.guidanceresources.com/groNg/#/login>



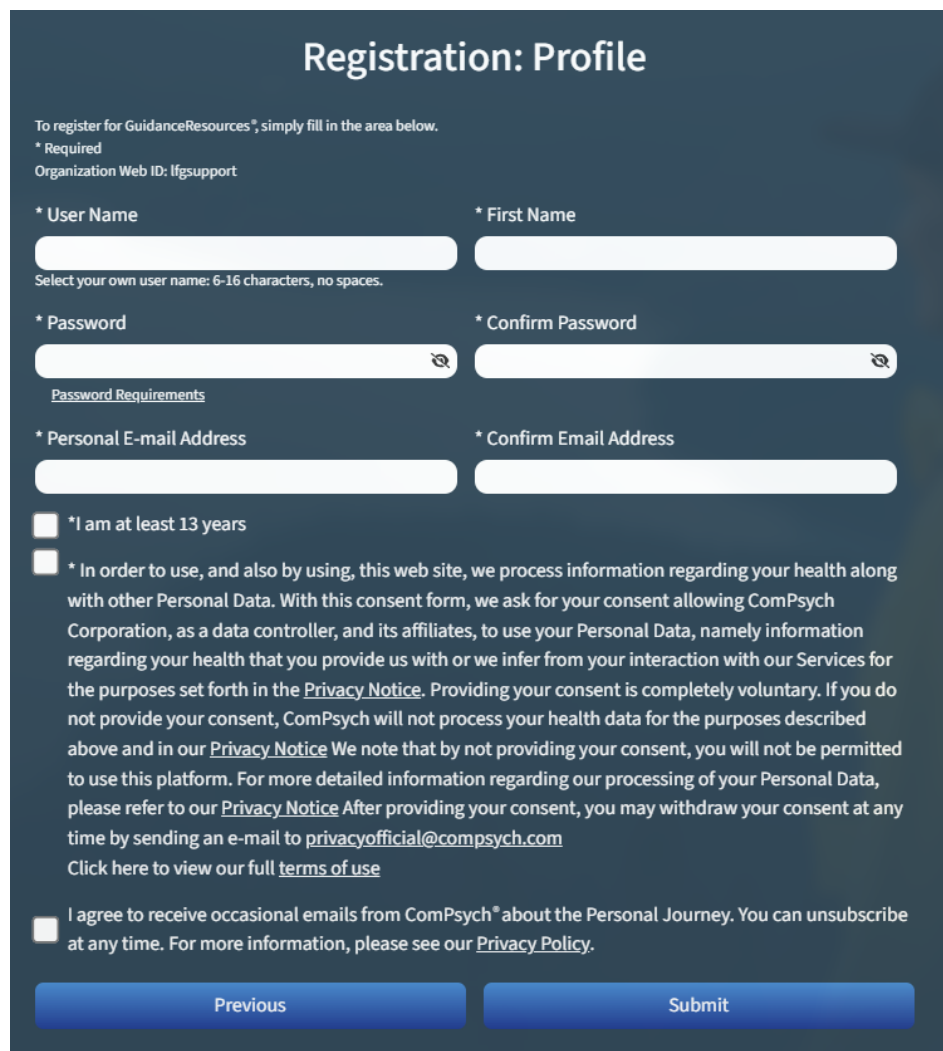
The screenshot shows the login page for ComPsych GuidanceResources. The page has a dark blue header with the text "Welcome To ComPsych GuidanceResources®" and a small American flag icon next to "USA - English". Below the header, there are input fields for "Username" and "Password". The "Password" field has a toggle icon for visibility. There is a "Remember Me" checkbox and links for "Forgot Username?" and "Forgot Password?". A "Login" button is visible, and a "Register" button is highlighted with a red border. The background of the page features a woman in a yellow jacket and a black cap looking out over a mountain range.

- Step #2 – Click the “Register” link and use LFGSUPPORT for the Organization Web ID



The screenshot shows the ComPsych GuidanceResources login and registration interface. At the top, there is a "Login" link on the left and "HELP" and "USA - English" on the right. The main heading is "Welcome to ComPsych GuidanceResources®". Below this, there is a text input field for "Organization Web ID". A note below the field states: "If you do not know your Organization Web ID, it can be found on your program wallet card, poster, flyer or brochure." At the bottom, there are two buttons: "Login" and "Register".

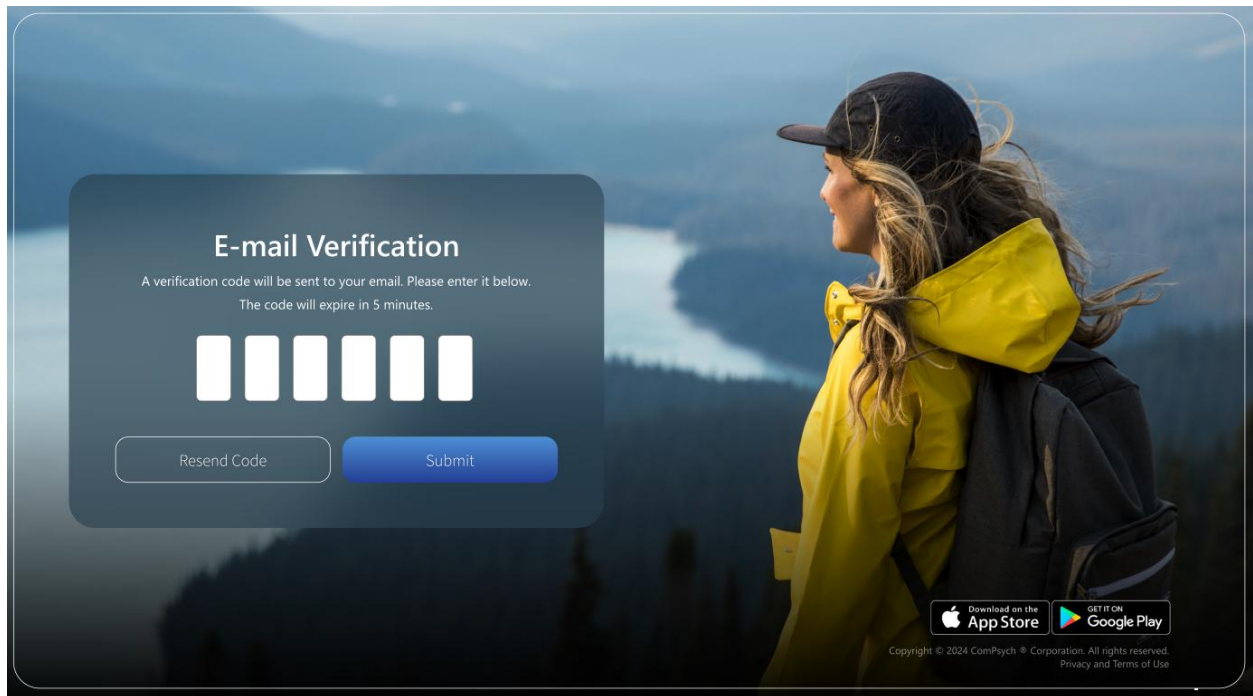
- Step #3 – Fill out the registration form



The screenshot shows the "Registration: Profile" form. The title "Registration: Profile" is at the top. Below it, a note says: "To register for GuidanceResources®, simply fill in the area below." A legend indicates that an asterisk (*) denotes required fields. The form includes the following fields and sections:

- Organization Web ID:** lfgsupport
- * User Name:** A text input field with a note below it: "Select your own user name: 6-16 characters, no spaces."
- * First Name:** A text input field.
- * Password:** A text input field with a toggle icon for visibility.
- * Confirm Password:** A text input field with a toggle icon for visibility.
- Password Requirements:** A link below the password field.
- * Personal E-mail Address:** A text input field.
- * Confirm Email Address:** A text input field.
- * I am at least 13 years:** A checkbox.
- * Consent:** A checkbox followed by a paragraph of text explaining the data processing policy, including links to the [Privacy Notice](#) and [terms of use](#).
- * Email Opt-in:** A checkbox followed by text: "I agree to receive occasional emails from ComPsych® about the Personal Journey. You can unsubscribe at any time. For more information, please see our [Privacy Policy](#)."
- Navigation:** "Previous" and "Submit" buttons at the bottom.

- Step #4 – Verify your email in order to complete the registration process



E-mail Verification

A verification code will be sent to your email. Please enter it below.
The code will expire in 5 minutes.

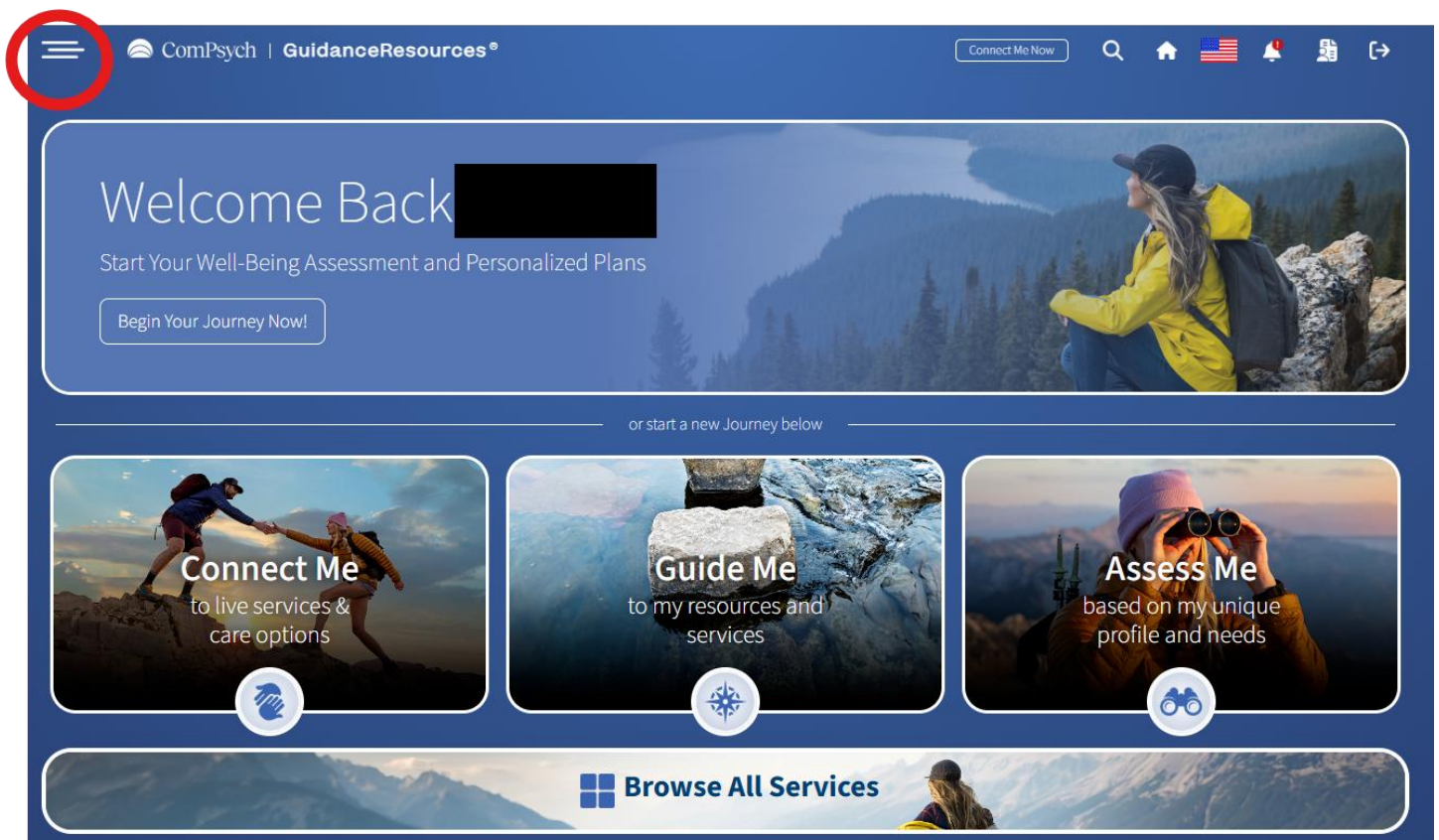
□ □ □ □ □ □

Resend Code Submit

Download on the App Store GET IT ON Google Play

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- Step #5 – Explore the various resources



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Connect Me Now

Welcome Back [Redacted]

Start Your Well-Being Assessment and Personalized Plans

Begin Your Journey Now!

or start a new Journey below

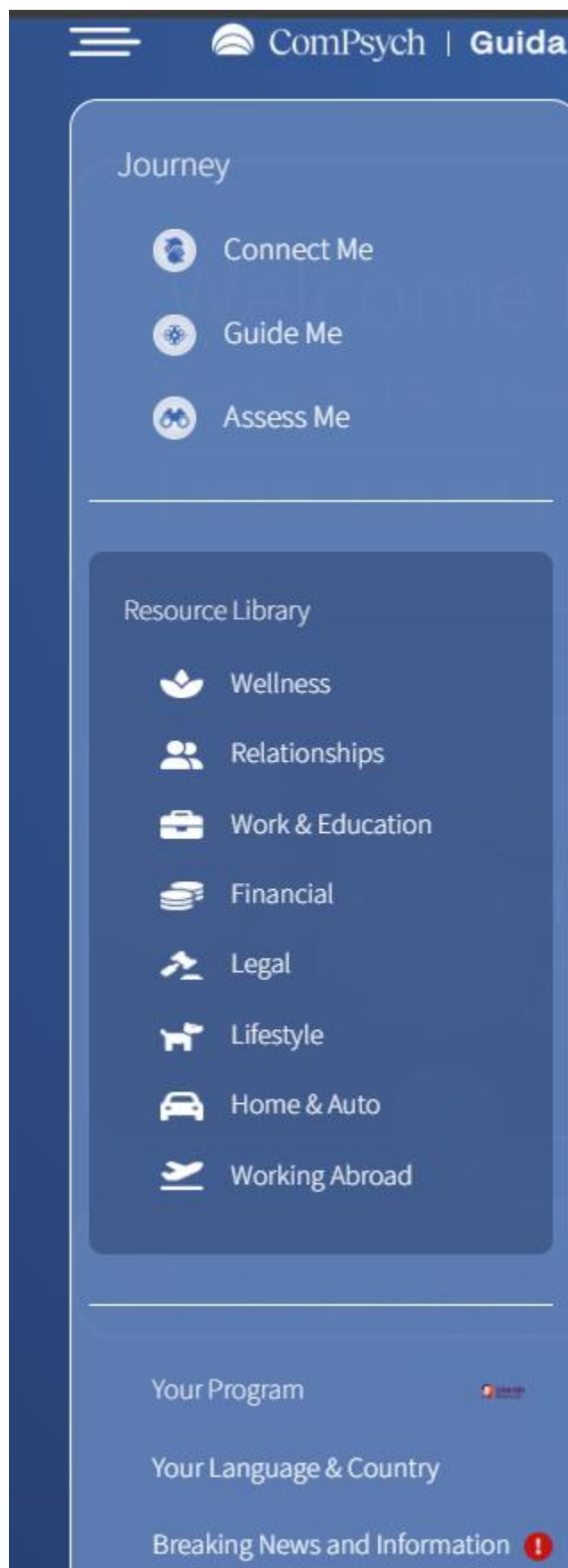
Connect Me
to live services & care options

Guide Me
to my resources and services

Assess Me
based on my unique profile and needs

Browse All Services

- ❖ Use the dropdown menu to view all resources



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