ComPsych | GuidanceResources®

Kansas Department of Administration
State Employee Health Plan

Life is challenging. We can *help*.

We're your Employee Assistance Program.

Talk to us for the tools you need to handle any of life's challenges, big or small.



Our Services:

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

Financial Resources
- Financial planning, retirement, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy

Work and Lifestyle Support
- Child, elder, and pet care
- Moving and relocation
- Shelters, government assistance

Digital Tools and Support
- Immediate connection to counseling, work-life support, and more
- Personalized guided behavioral health and well-being programs
- Interactive articles, videos, on-demand trainings, digital self-care tools
- Accessible resources for anxiety, stress, mindfulness, sleep, and more

Legal Guidance
- Divorce, adoption, family law
- Wills, trusts, estate planning
- Free consultation and discounted local representation

Confidential 24/7 support, when and where you need it.

Call 888.270.8897 to speak to a highly trained, caring professional.

Go to guidanceresources.com and enter your company ID: SOKEAP

Assistance is always confidential. View our privacy notice at **guidanceresources.com/privacy**

Visit us online: guidanceresources.com

24/7 Live Assistance

Call: 888.270.8897
App: GuidanceNow℠
TRS: Dial 711
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