



EQUITABLE

COMPSYCH®
GuidanceResources® Worldwide

Employee Assistance Program

Your well-being doesn't begin or end with your finances. It starts with — and is always about — you. Our team is here to help, anytime and anywhere. Read on for information about no-cost, confidential support you can access for life's challenges.



Need to speak with someone? Receive up to five face-to-face sessions per issue/year.¹



Confidential emotional support

Our highly trained clinicians will listen to your concerns and help you or your immediate family members with a variety of issues and, if needed, refer you to other resources. Talk to us for:

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



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.



Work/life solutions

Our specialists provide qualified referrals and resources for everyday tasks, such as:

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



Financial resources

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

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



Contact your Employee Assistance Program for 24/7 support, resources and information

Call
(833) 787-7781

TDD
(800) 697-0353

Online
guidanceresources.com

App
GuidanceNowSM

Web ID
EQUITABLE5



Identity theft services

We can help you repair your credit and your good name with tools, such as:

- Support from legal and financial professionals
- Counseling to address emotional issues
- Work/life assistance



Online will preparation

EstateGuidance® lets you quickly and easily create a will online at no cost. You can:

- Specify your wishes for your property
- Provide funeral and burial instructions
- Choose a guardian for your children



Online support

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

- Articles, podcasts, videos, slideshows
- On-demand training
- “Ask the Expert” personal responses to your questions



Phone/live support

Your Employee Assistance Program provides someone to talk to, and resources to consult whenever and wherever you need them.

Call: (833) 787-7781

TDD: (800) 697-0353

Direct, 24/7 access to a GuidanceConsultantSM who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: EQUITABLE5

1 In California, a maximum of three sessions in a 6-month period with additional sessions for acute emergencies, consultations after referral or re-referral, or a consultation due to a management or union request for information or assessment regarding work performance issues.

Employee Assistance Program (EAP) work/life services, which are provided by ComPsych® Corporation, are not insurance, and the charge is segregated from the insurance cost, but included in the total amount billed. ComPsych®, GuidanceResources® and EstateGuidance® are registered trademarks and service marks of ComPsych® Corporation. EAP By DesignSM is not a service provided in partnership with ComPsych® Corporation. ComPsych® is not affiliated with Equitable, and services they provide are separate and apart from the insurance provided by Equitable.

Equitable is the brand name of the retirement and protection subsidiaries of Equitable Holdings, Inc., including Equitable Financial Life Insurance Company (Equitable Financial) (NY, NY); Equitable Financial Life Insurance Company of America (Equitable America), an AZ stock company with main administrative headquarters in Jersey City, NJ; and Equitable Distributors, LLC. Equitable Advisors is the brand name of Equitable Advisors, LLC (member FINRA, SIPC) (Equitable Financial Advisors in MI & TN). All group insurance products are issued either by Equitable Financial or Equitable America, which have sole responsibility for their respective insurance and are backed solely by their claims-paying obligations. Some products are not available in all states. Equitable does not provide tax or legal advice.

© 2022 Equitable Holdings, Inc. All rights reserved. GE-2940404.3C (5/22) (Exp. 5/24) | G1713147 | Cat. #160280 (5/22)



COMPSYCH®
GuidanceResources® Worldwide