



EQUITABLE

COMPSYCH®
GuidanceResources® Worldwide



Employee Benefits

Employee Assistance Program

State of New York Offering

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.



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

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



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

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: EQUITABLE3NY



Phone/live support

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

Call: (833) 256-5111 **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.



Work-life solutions

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

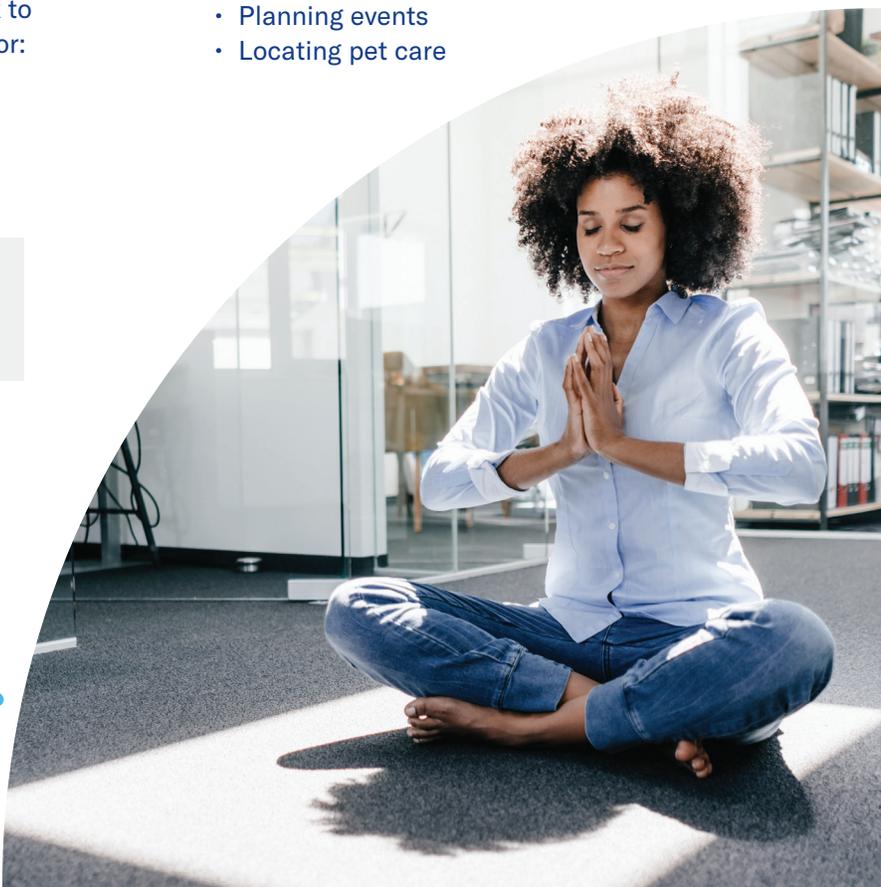
- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events
- Locating pet care



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

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Online: guidanceresources.com



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