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.

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 GuidanceConsultant℠ 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

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: GuidanceNow℠
Web ID: EQUITABLE3NY

Contact your Employee Assistance Program for 24/7 support, resources & information
Call: (833) 256-5111 App: GuidanceNow℠
TDD: (800) 697-0353 Web ID: EQUITABLE3NY
Online: guidanceresources.com
Equitable is the brand name of Equitable Holdings, Inc. and its family of companies, 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; Equitable Advisors, LLC (member FINRA, SIPC) (Equitable Financial Advisors in MI & TN); and Equitable Distributors, LLC. The obligations of Equitable Financial and Equitable America are backed solely by their claims-paying abilities. All group insurance products are issued either by Equitable Financial or Equitable America, which have sole responsibility for their insurance and claims-paying obligations. Some products are not available in all states. Equitable Financial is not affiliated with The Business Council of New York State (BCNYS).

Employee Assistance Program (EAP) work/life services, which are provided by ComPsych®, are not insurance, and the charge is segregated from the insurance cost, but included in the total amount billed. Equitable Financial is not responsible or liable for care, services or advice given by any provider or vendor of the services. Equitable Financial reserves the right to discontinue any of the services at any time. ComPsych®, GuidanceResources® and EstateGuidance® are registered trademarks and service marks of ComPsych® Corporation. EAP By Design™ is not a service provided in partnership with ComPsych® Corporation. ComPsych® is not affiliated with Equitable Financial, and services they provide are separate and apart from the insurance provided by Equitable Financial.

© 2020 Equitable Holdings, Inc. All rights reserved. GE-3085489B (6/20) (Exp. 7/22) | G914040