



GuidanceResources®

Here to Help

For HR Professionals

Your ComPsych® GuidanceResources® Employee Assistance Programme offers a network of services to help employees improve their health, achieve more at work and home, and handle personal, legal or financial challenges. The services are strictly confidential and offer someone to talk to and resources to consult whenever employees face one of life's many hurdles. This makes the programme valuable not only for them but for their managers/supervisors and human resources, as well.

As a an HR professional, you should look at the programme as a tool to keep personal issues from entering the workplace or unduly affecting employee behaviour and performance. The programme offers many other benefits, including:

- Increased productivity and reduced health costs through early recognition, intervention and resolution of business and personal problems
- Better retention of valued employees
- Reduced absenteeism, accidents and grievances
- Improved employee morale

How does someone use the EAP? An example:

1. An employee or household member (user) has an issue and contacts the EAP for assistance.
2. Using the [Global Directory](#), the user calls the designated telephone number and speaks with a GuidanceConsultantSM, who provides an assessment and then connects the user with appropriate services. Or the user logs on to [guidanceresources.com](#) from a computer or mobile device to self-serve, where available.

GuidanceResources® Online or the GuidanceNowSM mobile app:

Users can search a directory for a local counselling provider, who can help in person, over the phone, via video or through live chat, when available and appropriate. The user also can search additional resources, such as articles or links to helpful websites.

AECOM

COMPSYCH
GuidanceResources® Worldwide



24/7 Live Assistance:
Visit the [Global Directory](#)

App: Download the
GuidanceResources Now app via
the [Apple Store](#) or [Google Play](#).



AECOM employees can log in directly through [Okta single sign on \(SSO\)](#). Select your country location flag, if needed.

For AECOM employees not connected to SSO or for family members of AECOM employees, visit [guidanceresources.com](#) (Company Web ID: AECOM). After entering "AECOM" you will be required to select the country you work in.

