

Employee Assistance Program

Information



Free Benefit

Synergy is proud to announce *that we have partnered with* EmployeeConnect Services as our EAP. There are times when we all need help or assistance with the challenges of life. EmployeeConnect services are available 24 hours a day, seven days a week with confidential support, guidance and resources.

The EAP provides no-cost, confidential assistance for you and your family members. By calling the EAP, you can identify solutions to assist with life, work and family concerns. No problem is too large or too small to contact the EAP for assistance. Your EAP Counselor will help you assess your concern and identify resources and assistance. The information you discuss with the EAP is kept confidential in accordance with federal and state laws.

EAP Services Can Help With:

- Depression
- Personal or Job Stress Management
- Anxiety
- Family Conflict
- Relationship Problems
- Financial and Legal Concerns
- Alcohol or Drug Addictions
- Gambling Problems
- Parenting Concerns
- Child and Elder Care

Resources:

Your EAP counselor can refer you for an in-person assessment at a location that is convenient to your home or work. A professionally trained clinician assists you with problem identification, analysis and short-term problem resolution. In addition, your EAP Counselor can provide a referral for services covered under your health insurance benefits or to community resources/self-help groups. Referrals are also available to specialized resources for elder or child care, legal or debt management questions.

Website and Telephone Number:

To learn more about the Synergy EmployeeConnect program, visit www.guidanceresources.com (user name is LFGsupport and the password is LFGsupport1) and identify yourself as a Synergy employee to talk with a specialist at 1-888-628-4824.

EAP services are provided by ComPsych Corporation.