



# EMPLOYEE ASSISTANCE PROGRAMS

## COMMUNITY HEALTH NETWORK EAP

OFFERED THROUGH COMMUNITY HEALTH NETWORK

The Community Health Network Employee Assistance Program (EAP) offers **short-term counseling** for individuals, couples, children and families. Using the EAP is **free** and **confidential** and is **available 24 hours**.



FAMILY, MARRIAGE AND RELATIONSHIPS



CHILDREN, TEENS, PARENTING



HANDLING GRIEF AND LOSS



ALCOHOL AND DRUG ABUSE



OVERALL WELL-BEING AND SATISFACTION



LEGAL AND FINANCIAL REFERRAL

AVAILABLE TO ALL EMPLOYEES AND THEIR HOUSEHOLDS

## GUIDANCE RESOURCES

COVERAGE THROUGH NEW YORK LIFE

ComPsych® Guidance Resources offers **free, confidential resources** and **support** for personal and work-life challenges.



### LEGAL CONNECT®

- Power of attorney
- Real estate
- Bankruptcy
- Landlord/tenant issues
- Adoption/guardianship
- Divorce
- Personal injury



### COUNSELING & WELL-BEING

- Three face-to-face counseling sessions per issue per year
- Five virtual well-being coaching sessions
- Master's-level and Ph.D.-level providers



### FINANCIAL CONNECT®

- Debt management
- Family Budgeting
- Credit problems
- Tax questions
- Mortgages and loans
- Refinancing
- Real estate



### ESTATE GUIDANCE®

- Last will and testament—the central component of every estate plan
- Living will—spells out end-of-life medical decisions
- Final Arrangements—specifies burial, cremation and service decisions

AVAILABLE TO EMPLOYEES WORKING 20+ HOURS PER WEEK

## BEREAVEMENT

OFFERED THROUGH BEREAVE

**Practical step-by-step guidance for navigating loss, including:**

- Relationship-specific grief support
- Access to funeral planning and task guides
- How-to guides for account closure, taxes, and life insurance
- Shareable resources for family and friends

### GET STARTED

**Need help?**

317-621-7742 or 800 -543-4158

You and your household members have up to six sessions per year per person, per issue. (virtual or in person)

### GET STARTED

[GUIDANCERESOURCES.COM](https://www.guidanceresources.com)

**First time visitor?** Click the "Register" button. "NYLGBS" is the Organization Web ID.

**Need help?** 800-344-9752

### GET STARTED

[AFTERLOSS.BERAVE.IO](https://www.afterloss.berave.io)

**Need help?**

Start by watching the tutorial provided on the website.