



# BCBS EMPLOYEE ASSISTANCE PROGRAM

## For Full-Time Collin County Employees and Dependents

When personal challenges arise, you don't have to face them alone. The EAP provides free and confidential support for emotional, financial, and legal concerns.

### Face-to-Face Sessions

Includes three sessions in person to address behavioral issues.

### Unlimited Telephonic Counseling

Available 24 hours a day, seven days a week. Counselors use a conversational approach to identify issues, assess needs and refer participants to specialists.

### Web-Based Services

GuidanceResources Online is a secure, password-protected website that contains self-assessments, extensive content on personal health, and powerful tools to help with personal, relational, legal, health, and financial concerns. It covers many topics and personal concerns, such as:

- Grief and loss
- Job pressures
- Retirement planning
- Tax questions
- Saving for college
- Marital and family conflicts
- Alcohol and drug use
- Depression
- Divorce
- Family law
- Estate Planning
- Getting out of debt

**You do not have to be enrolled in a County medical plan to participate!**

Services are available upon hire at no cost to full-time Collin County employees enrolled in the County-provided disability plan, as well as their family members!

### To Access These Services



Call: 866-899-1363

- You will be asked what type of insurance policy you have, which is short-term and long-term disability.



Online: [Guidanceresources.com](http://Guidanceresources.com)

- Click "Register" to create a new account.
- Enter your company ID: DISRES