New Employee Assistance Program Available

Life’s pressures and challenges can be difficult to handle alone. Beginning February 1, 2012, North Carolina A&T State University (the University) partnered with ComPsych® to provide Employee Assistance Program (EAP) benefits to employees in the University system. ComPsych’s GuidanceResources® is a University-sponsored program that provides confidential services at no cost to you or your dependents.

ComPsych® has a proven track record of delivering high-quality, innovative services supported by best-in-class customer service. By working with ComPsych®, the University is able to provide these counseling services and resources to help you and your family when you need it the most.

How Does It Work?

You will have access to the following resources:

- **Confidential Counseling**: You and your family can receive confidential consultations with highly trained master’s and doctoral level clinicians 24 hours a day, seven days a week. The EAP offers up to three (3) in-person counseling sessions per issue at no cost to you. If additional resources are needed to address the issue, the additional care may be covered under your medical plan.
- **Financial Information and Resources**: Do you have questions about retirement, saving for college or how to get out of credit card debt? You and your family can speak with Certified Public Accountants and Certified Financial Planners for answers to your financial questions.
- **Legal Support and Resources**: Speak directly with an attorney if you need information about legal matters such as divorce and family law, debt and bankruptcy, and real estate transactions.
- **Work-Life Solutions**: Let work-life specialists do the research for you. ComPsych® offers a comprehensive resource and referral network specializing in child and elder care, moving and relocation, college planning, home repair, and pet care.
- **GuidanceResources Online**: You are just a click away from information on the issues that matter to you the most – relationships, work, children, wellness, legal, financial and more.
Whom Do I Call?

Effective immediately, you can reach GuidanceResources by:

- Calling 1-866-511-3373 (dedicated NCAT, toll free line)
- TDD 1-800-697-0353
- Logging on to guidanceresources.com (Company ID: NCAT)

Attached for your reference is an informational brochure highlighting the key confidential services available.

Counselors and/or specialists offer personalized service 24 hours a day, seven days a week, either online or by phone. Don’t let an issue stand in the way of reaching your family, personal, financial and professional goals. Call ComPsych® today.

Cc:  Dr. Harold L. Martin, Sr, Chancellor
Dr. Winser Alexander, Interim Provost and Vice Chancellor for Academic Affairs
Dr. Robert Pompey, Jr., Vice Chancellor for Business and Finance
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