



DEPARTMENT of
**HUMAN
RESOURCES**

Salt Lake City
STRONG



even superheroes have bad days.

When the demands of the job threaten to overwhelm you, SLC STRONG can help.

Counselors can put you in touch with vetted professionals experienced with the needs of public safety employees and their families. The help is immediate, confidential and available at no cost.

- Up to 15 face to face counseling sessions for you **and your family members***
- Stress management or PTSD
- Coping with difficulties at home or at work
- Depression and anxiety
- Alcohol or substance abuse
- Legal or financial issues, and more

*The first time you call this **NEW number** or login online -- you will need to recreate your profile in the ComPsych system. This will give you access to the expanded resources available only to public safety employees and their families.*

*Family members must be eligible dependents.

New Phone Number
Call: 844.206.4097
guidanceresources.com
New Web ID: SLCPS



Salt Lake City **STRONG**



hang in there.

When the demands of the job threaten to overwhelm you, SLC STRONG can help.

Counselors can put you in touch with vetted professionals experienced with the needs of public safety employees and their families. The help is immediate, confidential and available at no cost.

- Up to 15 face to face counseling sessions for you **and your family members***
- Stress management or PTSD
- Coping with difficulties at home or at work
- Depression and anxiety
- Alcohol or substance abuse
- Legal or financial issues, and more

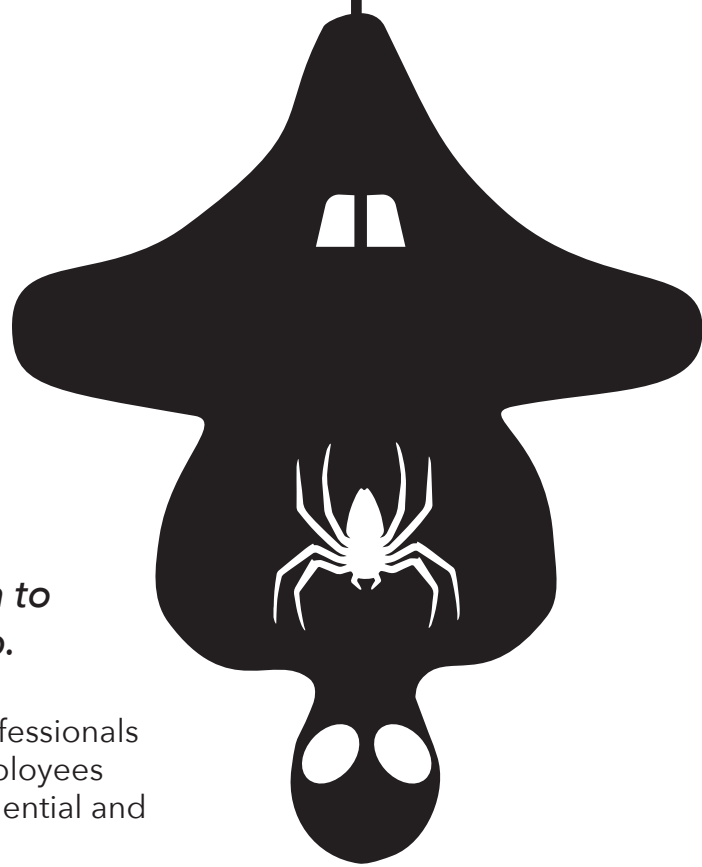
New Phone Number
Call: 844.206.4097
guidanceresources.com
New Web ID: SLCPS

*The first time you call this **NEW number** or login online -- you will need to recreate your profile in the ComPsych system. This will give you access to the expanded resources available only to public safety employees and their families.*

*Family members must be eligible dependents.



DEPARTMENT of
**HUMAN
RESOURCES**



Salt Lake City **STRONG**



super tools
at your disposal.

New Phone Number
Call: 844.206.4097
guidanceresources.com
New Web ID: SLCPS

Our Employee Assistance Program can help with your 'Work-Life Balance' by providing help with;

- Marriage and Family Counseling
- Financial & Legal Assistance
- Researching Child or Elder Care
- Vacation Planning
- Research Assistance and Pre-screening Referrals
- Health Coaches for Smoking Cessation or Weight Management

*The first time you call this **NEW** number or login online -- you will need to recreate your profile in the ComPsych system. This will give you access to the expanded resources available only to public safety employees and their families.*



DEPARTMENT of
**HUMAN
RESOURCES**

Salt Lake City **STRONG**



New Phone Number
Call: 844.206.4097
guidanceresources.com
New Web ID: SLCPS

wonder-ful
resources
just for you.

Our Employee Assistance Program can help with your 'Work-Life Balance' by providing help with;

- Marriage and Family Counseling
- Financial & Legal Assistance
- Researching Child or Elder Care
- Vacation Planning
- Research Assistance and Pre-screening Referrals
- Health Coaches for Smoking Cessation or Weight Management

*The first time you call this **NEW** number or login online -- you will need to recreate your profile in the ComPsych system. This will give you access to the expanded resources available only to public safety employees and their families.*



DEPARTMENT of
**HUMAN
RESOURCES**

Salt Lake City **STRONG**



DEPARTMENT of
**HUMAN
RESOURCES**



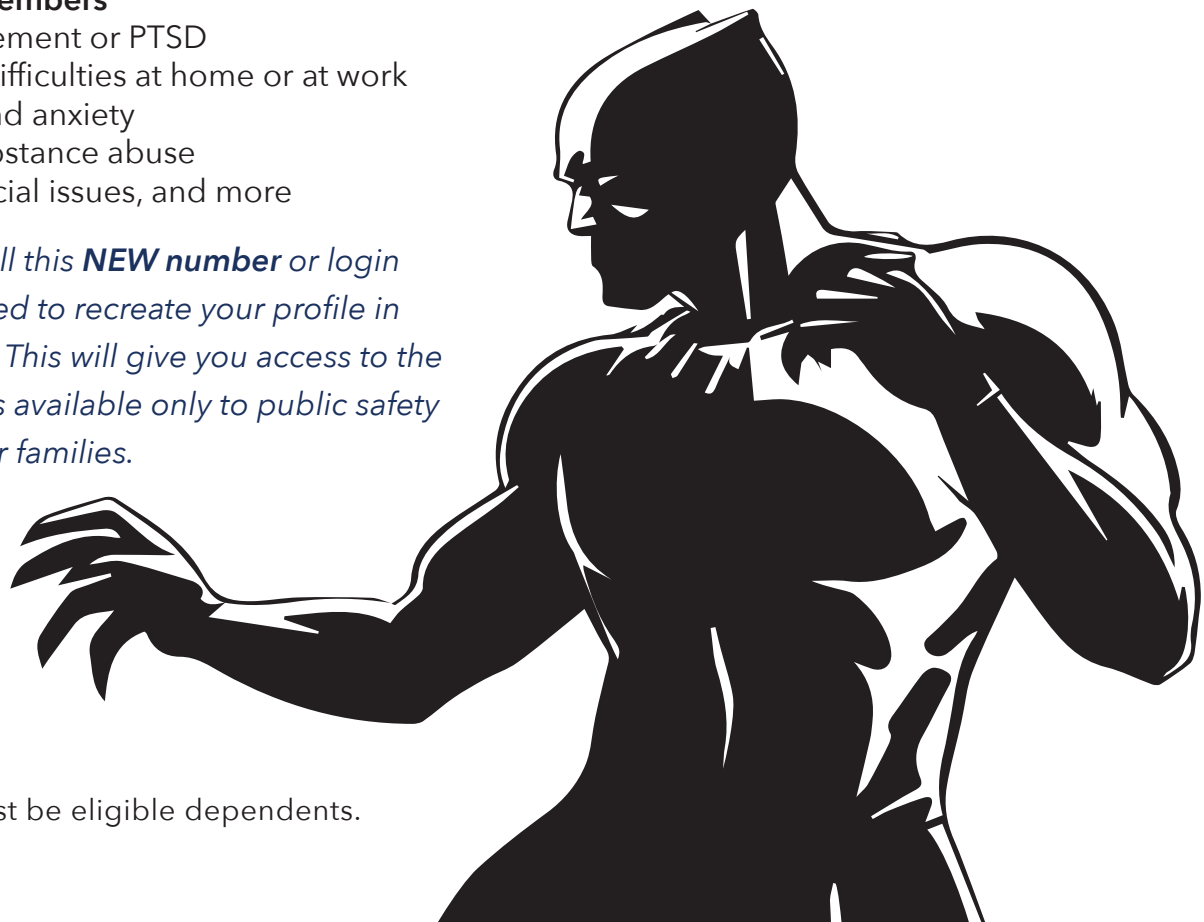
be strong enough to protect yourself.

When the demands of the job threaten to overwhelm you, SLC STRONG can help.

Counselors can put you in touch with vetted professionals experienced with the needs of public safety employees and their families. The help is immediate, confidential and available at no cost.

- Up to 15 face to face counseling sessions for you **and your family members***
- Stress management or PTSD
- Coping with difficulties at home or at work
- Depression and anxiety
- Alcohol or substance abuse
- Legal or financial issues, and more

*The first time you call this **NEW number** or login online -- you will need to recreate your profile in ComPsych's system. This will give you access to the expanded resources available only to public safety employees and their families.*



New Phone Number
Call: 844-206-4097
guidanceresources.com
New Web ID: SLCPS

*Family members must be eligible dependents.