



DEPARTMENT of  
**HUMAN  
RESOURCES**

Salt Lake City  
**STRONG**



# TOUGH TIMES NEVER LAST, BUT TOUGH PEOPLE DO

*Your ComPsych EAP has been improved!*

# 844.206.4097

Help that 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

\*Family members must be eligible dependents.

*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.*



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