

Salt Lake City **STRONG**



Take care
of yourself,
so you can
care for
others.



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



DEPARTMENT of
**HUMAN
RESOURCES**



Salt Lake City **STRONG**



These great tools are on fire.

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

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