



Surviving the Storm

In turbulent times, your Employee Assistance Program is a lifeline. Our counseling, self-improvement tools and solutions for everyday issues can help you weather any storm, at home or at work. The services are free, confidential and available all day, every day to you and your household members.

Here when you need us.

Call: 833.955.3400

TTY: 800.697.0353

App: GuidanceNowSM

Online: guidanceresources.com

Web ID: StateofIllinois

All active and eligible employees NOT represented or covered by the collective bargaining agreement between the State of IL and AFSCME Council 31 are eligible for ComPsych® EAP services.

Bargaining unit employees represented by AFSCME Council 31 are eligible for services through Personal Support Program. Contact AFSCME Council 31 at 800.647.8776 or afscme31.org for more information.



SEEK CLARITY

Your Employee Assistance Program can help. Our counseling, self-improvement tools and solutions for everyday issues can help you discover what you need to be your best, at home and at work. The services are free, confidential and available all day, every day to you and your household members.

Shine your light.

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Your Employee Assistance Program

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Discover New Horizons

Let your Employee Assistance Program give you a boost. Our counseling, self-improvement tools and solutions for everyday issues can help you achieve your goals, at home and at work. The services are free, confidential and available all day, every day to you and your household members.

We can help.

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Rise and Shine

Our counseling, self-improvement tools and solutions for everyday issues can help you be your best, at home and at work. These services are free, confidential and available all day, every day to you and your household members.

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Yes, You Can!

Empower yourself with your Employee Assistance Program. Our counseling, self-improvement tools and solutions for everyday issues can help you reach your goals, no matter what they may be. The services are free, confidential and available all day, every day to you and your household members.

Be your best.

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