

## EMPLOYEE ASSISTANCE PROGRAM

ComPsych is the District's employee assistance program provider  
(800) 272-7255 Employee ID "COM589"

**Eligibility:** all regular District employees (classified/confidential employees including probationary employees, contract and tenured faculty, managers, adjunct faculty unit members in paid status), and members of their households.

**Service Access:** Toll free telephone line access, 24 hours per day, 7 days per week, to guidance coordinators – **(800) 272-7255**. On-line access provided through [www.guidanceresources.com](http://www.guidanceresources.com). The NOCCCD employer ID is **COM589** (if you are setting up an on-line account for the first time enter "North" when prompted for the name of your employer).

Confidential services available to employees and members of their households include:

- **Assessment, Counseling and Referral:** local in-person assessment and counseling related to the presenting problem of each participant requesting services with a maximum of three (3) sessions per presenting problem per employee or family member in a six-month period.
- **FinancialConnect:** unlimited telephonic financial information regarding personal finances such as budgeting, credit and debt issues, insurance, estate planning, and related issues.
- **LegalConnect:** unlimited telephonic legal information and local referral upon request. If referral to a local attorney is requested, the employee or their family member shall be entitled to a free thirty-minute consultation and thereafter a 25% reduction in the referral attorney's customary rates.
- **GuidanceResources Online:** unlimited online information (via [www.guidanceresources.com](http://www.guidanceresources.com)), resources, tools and other features on topics such as health and wellness, law and regulations, family and relationships, work and education, money and investments, consumer and leisure and home and auto.
- **FamilySource:** unlimited online information assistance with child care, adoption, education, and elder care resources in your community.

If you have questions about the program contact your manager or:

Marisa Kvenbo, Office of Human Resources (714) 808-4815

Marla McBride, Cypress College Health Services (714) 484-7045

Dana Timmemans, Fullerton College Health Services (714) 992-7094

# Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.

## Confidential Emotional Support



Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts

## Work-Life Solutions



Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care

## Legal Guidance



Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.

## Financial Resources



Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more

## Online Support



GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions

Your ComPsych® GuidanceResources® program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 800.272.7255

TTY: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant<sup>SM</sup>, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceResources® Now

Web ID: COM589

Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

# 24/7 Support, Resources & Information

## Contact Your GuidanceResources® Program

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