Employee Assistance Program
Vendor Transition

01/01/2024

Life’s challenging.
Your EAP can help.

EXPRESS YOURSELF
Lockton Companies, the benefits consultant for The University of Alabama System, issued an RFP for EAP services in Jan. 2023.

- **March 2023** – Reviewed initial responses
- **April 2023** – Virtual presentations from three (3) vendors
- **June 2023** – On-site finalist presentations from two (2) vendors
- **Early Aug. 2023** – Finalist selected as GuidanceResources by ComPsych
- **Late Aug. 2023** – Implementation began
- **Jan. 1, 2024** – Transition complete

New vendor will serve employees and family members for **UA** as well as the **UA System Office**, **UAH**, and **UAB**’s out-of-state employees.
ComPsych is headquartered in Chicago, Illinois, but has a global footprint that provide services in 190 countries with 10 offices on four continents.

ComPsych supports 60,000 organizations worldwide, covering more than 130 million lives.

Other higher-education clients include:

- University of Florida
- Texas A&M University
- University of California Irvine
- Oklahoma State University
- Colorado State University
- University of North Carolina at Chapel Hill
- Dartmouth College
**Service Enhancements**

- Largest provider network with 70,000+ with rapid access to master’s level clinicians
- Five (5) free & confidential counseling session per person per issue
- *Unlimited*, 30-minute consultants with legal, financial, and family experts
- Resource guides on topics like childcare, elder care, relocation assistance, etc.
- GuidanceResources Online & Mobile App with 24/7 access
- Diversity and Inclusion Toolkit, plus training to support a diverse workforce
- Training and development programs for supervisors, formal referral team, and critical incident stress management support
Communications

UA Campaign:
- Financial Wellness email newsletter
- HR website updates
- Benefits Beat email newsletter
- Digital signage displays

ComPsych Campaign:
- Welcome Letter mailed in early January
- Printed Posters, Flyers & Wallet Cards

Contact Your GuidanceResources® Program
Call: 888.283.3515
Telecommunications Relay Service: Dial 711
Online: guidanceresources.com
App: GuidanceNow®
Web ID: UAS

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Express Yourself

Your Employee Assistance Program offers confidential emotional support, as well as legal, financial, and work-life guidance, whenever and wherever you need it.

Life's challenging.
We can help.

Your GuidanceResources® Program

Sometimes life can feel overwhelming. It doesn't have to be. Your ComPsych GuidanceResources® program provides confidential counseling, expert guidance and valuable resources to help you handle any of life's challenges, big or small. These services are free and available to you and your household members.

Life is challenging.
We can help.
24/7 confidential support.

Services:

- Confidential Emotional Support
- 5 in-person sessions per year
- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/interpersonal conflicts

- Work and Lifestyle Support
- Child, elder and pet care
- Moving and relocation
- Shelter and government assistance

- Legal Guidance
- Divorce, adoption and family law
- Wills, trusts and estate planning
- Free consultation and discounted legal representation

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

- Digital Support
- Connect to counseling, work-life support or other services
- Tap into an array of articles, podcasts, videos, webinars
- Improve your skills with On-Demand trainings

- Interactive Digital Tools
- Self-care platform offers guided health programs
- Tackle anxiety, depression, stress
- Improve mindfulness, sleep, and more

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