

WE CARE ABOUT YOUR MENTAL HEALTH



HCSG offers an array of FREE health and mental fitness services to help promote well-being and enhance the quality of life for employees and their families.

FREE PROGRAMS FOR YOU AND YOUR FAMILY MEMBERS



Short-Term Counseling

Employees and household dependents can receive up to 3 in-person or virtual counseling sessions per issue.

Counseling sessions are 60 minutes via phone, video, or in-person with a clinician. Sessions are focused on higher-level mental health needs such as anxiety, grief, or stress. The care team will conduct a brief telephone assessment and provide a list of providers based on your needs and preferences.



Online Support Groups

Employees can join online support groups with others with similar issues to share ideas, support, and encouragement. All employees and dependents are eligible for 10 peer support group sessions annually.

Offering a wide variety of groups, which are confidential and led by certified peer specialists or recovery coaches: Addiction Recovery, Anxiety, Depression. Front Line Employees/First Responders, Grief and Loss, and Parenting.



Employee Assistance (EAP)

The **ComPsych® GuidanceResources®** Employee Assistance Program offers counseling, legal and financial consultation, work-life assistance, and crisis intervention services to you and your household family members.



Other Support Services

Unlimited telephonic support for financial problems or planning needs and legal services, access to online legal documents, newsletters, resource flyers, webinars, training, prescription discounts, and more!



Connect with a Counselor to access FREE Support Services

- Download the App: GuidanceNow
- (855)239-0743
- Web: guidanceresources.com
Web ID: Guardian



If you are enrolled in the PHMP you also have access to their mental health line.

For more information call Key Benefit Solutions at 1-877-396-3048