

# The Employee Assistance Program is here for you.

**You have access to a set amount of free therapy sessions.** Once you've used them, you may use your health plan benefits to continue seeing the same therapist in most cases.



**ComPsych Guidance Resources is an EAP included in your health plan.**

- Call **844-213-8968**
- Visit **[guidanceresources.com](https://guidanceresources.com)**  
(Use Web ID Code: **TXEAP**)

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