

BCBS EMPLOYEE ASSISTANCE PROGRAM

For Full-Time Collin County Employees and Dependents

When personal challenges arise, you don't have to face them alone. The EAP provides free and confidential support for emotional, financial, and legal concerns.

Face-to-Face Sessions

Includes three sessions in person to address behavioral issues.

Unlimited Telephonic Counseling

Available 24 hours a day, seven days a week. Counselors use a conversational approach to identify issues, assess needs and refer participants to specialists.

You do not have to be enrolled in a County medical plan to participate!

Services are available upon hire at no cost to full-time Collin County employees enrolled in the County-provided disability plan, as well as their family members!

Web-Based Services

GuidanceResources Online is a secure, password-protected website that contains self-assessments, extensive content on personal health, and powerful tools to help with personal, relational, legal, health, and financial concerns. It covers many topics and personal concerns, such as:

- **Grief and loss**
- **Job pressures**
- **Retirement planning**
- **Tax questions**
- **Saving for college**
- **Marital and family conflicts**
- **Alcohol & drug use**
- **Depression**
- **Divorce**
- **Family law**
- **Estate Planning**
- **Getting out of debt**

To Access These Services

- Call: 866-899-1363
  - You will be asked what type of insurance policy you have, which is short-term and long-term disability.
- Online: Guidanceresources.com
  - Click "Register" to create a new account.
  - Enter your company ID: DISRES