



“I was so grateful for the care and service I was provided. It took me a while to actually call, but I am glad I did.

Thank you for your help and assistance.”

- AECOM employee

ComPsych® Employee Assistance Program (EAP)

Your resource for confidential assistance

When it comes to finding balance between your work and personal life, you're not alone. AECOM offers the Employee Assistance Program (EAP) to support your work, health and family, with helpful resources and information at no cost to you.

What is the EAP, and how can the EAP support my family and me?

Confidential Counseling

This no-cost, completely confidential program supports your work, health and family with helpful counseling, legal, financial and referral resources and information. Highly trained master's and doctoral level clinicians will listen to you and quickly refer you to in-person counseling and other resources for:

- Stress, anxiety and depression
- Job pressures
- Relationship, marital and child conflicts
- Grief and loss
- Substance abuse.

Financial Information and Resources

Speak by phone with our Certified Public Accountants and Certified Financial Planners on a wide range of financial issues, including:

- Debt management
- Retirement planning
- Credit card or loan problems
- Estate planning
- Tax questions
- Saving for the future.

Legal Support

Speak to an attorney by phone about a variety of topics, including:

- Contracts
- Divorce and family law
- Real estate transactions
- Debt and bankruptcy
- Civil and criminal actions
- Landlord/tenant issues

If you or your family require representation, we'll refer you or your family to a qualified attorney in your area for one free 30-minute consultation, with a 25% reduction in customary legal fees thereafter.

Helpful Work-Life Referrals

Work-Life Specialists will conduct research and provide you with qualified referrals and customized resources for:

- Child and elder care
- Moving and relocation
- Making major purchases
- College planning
- Pet care
- Home repair.

Online Resources

GuidanceResources® Online makes it easy to access expert information on the issues that matter most to you and your family with online content, “Ask the Expert” personal responses and search tools for a variety of topics, including:

- Relationships and family
- Work
- Wellbeing
- Legal and financial planning.

How do I access the EAP?

You and your family can access EAP services anytime—24 hours a day, seven days a week—online or on the phone.

U.S. 866.501.7962

International Please refer to the global directory.

TDD 800.697.0353

Online [guidanceresources.com](https://www.guidanceresources.com)
Company Web ID: AECOM