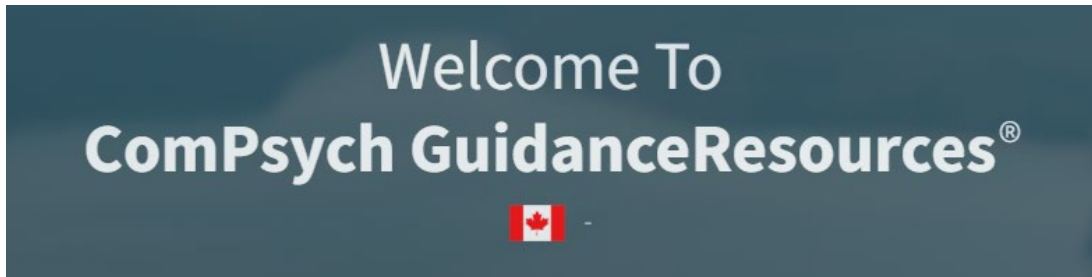


EMPLOYEE and FAMILY ASSISTANCE PLAN (EFAP)



We are pleased to continue to partner with ComPsych to offer the Employee Assistance Program. All Prairie Spirit staff have access to this resource, with support staff accessing it through their Manulife benefits package with the Saskatchewan School Boards Association, and STF members accessing it through the Member and Family Assistance Plan.

What is the Employee Assistance Program? The Employee Assistance Program is provided by ComPsych Corporation and offers counselling, legal and financial consultation, work-life assistance and crisis intervention services to all our employees and their household family members.

If you have not yet registered with ComPsych, it is a quick process using the information below or at the following link:

Go to www.guidanceresources.com to reach the website

- From the home page select **Register** tab in the box at the bottom of the page
- Enter your Organization WebID: **Support Staff: SSBAEFAP** **STF members: STFMFAP**
- Click **Register**
- Create a User Name (at least 6 characters and may not contain spaces; often it is your name ex. joesmith) and Password that you will remember.
- Complete the remaining requirements (create security questions, read and acknowledge the terms of use by checking the box), and **Submit**. You should now be registered and logged in to the website.
- For future logins, simply visit the website and select Login instead of Register. Enter your username and password and the Login button.
- If you have any problems registering or logging in to Guidance Resources online, email Member Services at memberservices@compsych.com.
- All services are completely confidential.

[Support Staff EFAP Services Brochure \(ComPsych Guidance Resources\)](#)

[STF Member and Family Assistance Plan](#)