



Additional Employee Resources

- **FoneMed** is a 24-hour hotline providing medical and mental health advice for the SU community. Faculty and staff seeking nurse advice or mental health assistance related to COVID-19 should call 1-833-631-1701.
- **Therapy Assistance Online (TAO)** includes over 150 brief informational and educational sessions covering over 50 common topics and skills related to mental health, wellness, and substance use issues. TAO also provides interactive sessions, mindfulness exercises, and self-practice tools all aimed at helping you achieve your individual goals.

To Register for TAO Self-help:

1. In your browser window, navigate to <https://us.taconnect.org/register>
 2. Enter First Name, Last Name, and your school email address
 3. Create a Password
 4. Leave the 'Enrollment Key' field blank.
 5. Click Sign Me Up
 6. Check your email. You will be sent a 'Welcome to TAO' email with a confirmation link which you must click on to sign in.
- **GuidanceResources®** – Salisbury University's Employee Assistance Program (EAP) is available to all faculty, staff, and their household members. GuidanceResources® *provides no-cost, confidential solutions to life's challenges including:*
 - **Confidential Emotional Support:** Highly trained clinicians will listen to your concerns and help you and your family members with any issues, including:
 - ✓ Anxiety, depression, stress
 - ✓ Grief, loss and life adjustments
 - ✓ Relationship/marital conflicts
 - **Work-Life Solutions:** Specialists provide qualified referrals and resources for *just about anything* on your to-do list, such as:
 - ✓ Finding child and elder care
 - ✓ Hiring movers or home repair contractors
 - ✓ Planning events, locating pet care
 - ✓ Homework and study habits
 - ✓ Work-Life balance
 - **Legal Guidance:** Talk to their attorneys for practical assistance with your most pressing legal issues, including:
 - ✓ Divorce, adoption, family law, wills, trusts, and more
 - Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



- **Financial Resources:** Financial experts can assist with a wide range of issues, including:
 - ✓ Retirement planning, taxes
 - ✓ Relocation, mortgages, insurance
 - ✓ Budgeting, debt, bankruptcy and more

- **Online Support:** GuidanceResources®Online is your 24/7 link to vital information, tolls and support. Log on for:
 - ✓ Articles, podcasts, videos, slideshows
 - ✓ On-demand trainings
 - ✓ “Ask the Expert” personal responses to your questions.

Contact your LifeResources Program:

Call: 855.410.7628

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNow

Web ID: USMEAP

GuidanceResources®Online is an award-winning, comprehensive, interactive service that provides expert content and unique tools to assist you in every aspect of your life, all in a secure, easy-to-use, personalized environment.

To register for an online account, follow these simple instructions and start exploring the resources offered to you on GuidanceResources®Online.

1. Go to guidanceresources.com to reach the website.
2. Once on the GuidanceResources® home page, click the "**Register**" tab.
3. Enter the Organization Web ID **USMLIFERESOURCES** and then click the "Register" button.
4. You will then be asked to enter a **User Name** and **Password**. Both can be anything you would like them to be but should be something you will remember. The User Name (often your name) must be at least six characters long and should have no spaces (for example: joesmith). The **Security Questions** are meant to prompt you if you forget your password. You must select the button verifying that you are at least 13 years of age, as required by federal law. Be sure to read the **Terms of Use** and click inside the check box to indicate your agreement to those terms. Make sure that you complete all fields that have red asterisks, as these are required fields. When you've finished, click the **Submit** button at the bottom of the page.
5. You should now be on the website.

If you have any problems registering or logging into GuidanceResources®Online, email Member Services at memberservices@compsych.com.