

State of Idaho Employee Assistance Program (EAP)



EASY AS 1, 2, 3

Getting help from your State of Idaho EAP couldn't be easier. By phone, online or on your smartphone, help is just a call, click or tap away. Whether you are dealing with stress or depression, trying to mend a broken relationship or deal with job pressures, our resources are available at no cost to you, 24 hours a day, seven days a week. The process is as easy as 1,2, or 3:

1.

Call the toll-free number

2.

Log on to guidanceresources.com

3.

Download the GuidanceResources[®] Now app on your smartphone for anywhere, anytime access.

Call: 877.427.2327 TDD: 800.697.0353

Online: guidanceresources.com

App: GuidanceResources[®] Now

Web ID: SOIEAP



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