



BUFFALO
PUBLIC SCHOOLS

Employee Assistance Program

Employee Assistance Program (EAP)

Guidance Resources

The Buffalo City School District is pleased to offer all employees and their families access to an Employee Assistance Program (EAP) through ComPSych Guidance Resources. They have many services available that provide support, resources and information for personal and work-life issues.

There is no cost to employees or their families and all information is confidential. No personally identifiable information is sent to the District. This support is designed to assist employees and their families in resolving issues such as:

- Marital
- Financial &/or Legal
- Emotional problems
- Family issues
- Substance/Alcohol abuse
- Work & Education

On the web: www.guidanceresources.com you can find articles, trainings, and get in touch with a Guidance Consultant to speak with about the issues that you personally are facing.

WebID: BuffaloSchoolsEAP

By Phone: 866-645-1757

TTY: 800-697-0353

Click [HERE](#) for more information.

Crisis Services & Text Helpline:

Crisis Services for Buffalo and Erie County provide services for those who are in a state of emotional crisis.

- [Buffalo & Erie County](#)
716-834-3131
- [24 Hour Addiction Hotline](#)
716-831-7007

- Kids Helpline
716-834-1144
1-877-KIDS-400
- Chautauqua County Hotline
1-800-724-0461
- 24 Hour Erie County Domestic Violence Hotline
716-862-HELP
For Shelter: 716-884-6000
- 24 Hour NYS Domestic & Sexual Violence Hotline
1-800-942-6906
- Hearing Impaired?
Use 711 (National Relay Service)

Text line www.crisistextline.org/

[Instructions on setting up your account](#)

Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.

Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts

Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions

Your ComPsych® GuidanceResources® program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 866-645-1757

TTY: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant™, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: guidanceresources.com

App: GuidanceResources® Now

Web ID: BuffaloSchoolsEAP

Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

24/7 Support, Resources & Information



Contact Your GuidanceResources® Program

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