March 26, 2020

To: Texas A&M AgriLife

Subject: Texas A&M AgriLife's Employee Assistance Program - Guidance Resources - Information and Access Details

We’ve seen lots of information over the past several weeks advising us how to protect and care for ourselves by distancing socially from one another; washing our hands for 20 seconds throughout the day; as well as information and resources to educate us on COVID-19. This email is a little like that - sharing resources to help you take care of yourself, as we all undergo changes and challenges in our lives.

Guidance/Resources, TAMUS' Employee Assistance Program offers online training and has resources to help employees deal with all kinds of issues from parenting to COVID-19 to working remotely. This email is a reminder that there are numerous resources on this site to provide you with information, educate you on a variety of topics, list discounts available to you and, provide an opportunity to email or speak with a Guidance/Resources counsellor.

Resources available online or in person (via telephone).

Website: http://www.guidanceresources.com

1. Choose the Register tab* and enter the TAMUS Organization Web ID: TAMUS
2. On the Company or Organization Identification page, select your Agency
3. Complete your Registration Profile, including selection of your user name and password
4. *For future access, just choose Login vs Register on the homepage and access resources directly

If you prefer to speak to someone directly, choose the phone number based on your employment status:
  - Active Employees  1-866-301-9623
  - Retirees  1-833-306-0105

Resources include information on
  - Wellness
    - Understanding Your Employee Assistance Program
  - Work & Education
    - Manager Guidance
    - Personal Development
  - Lifestyle
    - Computers & Electronics

Click the More icon for additional resources on Discounts and On Demand Training Videos

Texas A&M AgriLife Administrative Services | https://agrilifeas.tamu.edu/hr/