

# REACH OUT FOR HELP

## Your ComPsych® Carpenters Assistance Program (CCAP)

The CCAP is a free, confidential program, available 24/7/365 to all eligible participants and family members who may be overwhelmed by life's challenges.

- Mental Health Counseling
- Drug or Alcohol Abuse
- Legal Assistance
- Financial Counseling or Planning
- Work-Life Solutions such as: Childcare, Home Repair, Pet Sitting

**Call:** [1-833-792-2271](tel:1-833-792-2271) (833.SWCCAP1)

**Website:** [guidanceresources.com](https://guidanceresources.com)

**Download the App:** *GuidanceNow*<sup>SM</sup>

When you call or sign in through the App or Website, use the **WEB ID: SWCCAP**