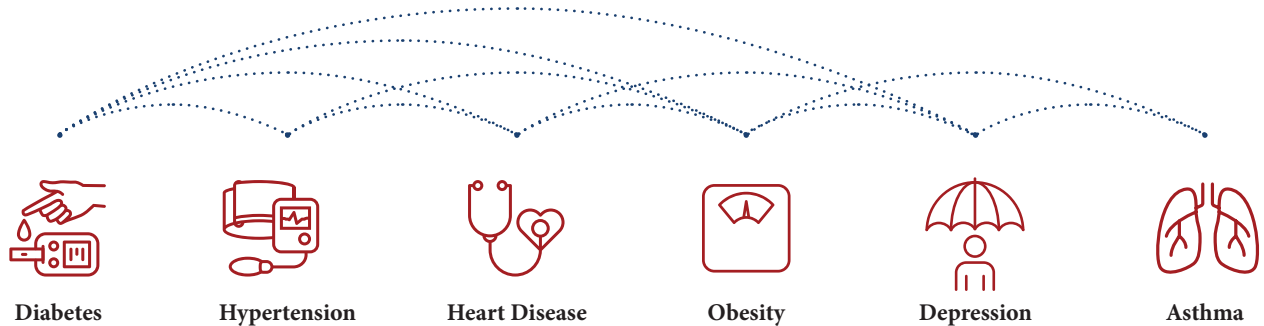


# Physical + Mental Health

Mental and physical health are equally important and closely connected. Mental health conditions like depression can increase the risk of physical illnesses such as diabetes, heart disease, and stroke. Likewise, chronic physical conditions can contribute to or worsen mental health issues.



**Chronic conditions are often closely connected through shared risk factors and overlapping effects.** Obesity, for example, increases the risk of diabetes, hypertension, heart disease, asthma, and depression. These conditions can also worsen each other—diabetes and hypertension often occur together and raise the risk of heart disease, while asthma can limit activity and increase stress, leading to depression. Depression may further impact physical health by reducing motivation for treatment and healthy habits. Many of these illnesses are linked by common causes like poor diet, inactivity, and stress, making a holistic approach to care important.

## Employee Assistance Program

COMPSYCH<sup>®</sup>  
GuidanceResources<sup>®</sup> Worldwide

Family and work activities are stressful at times. Counseling and referrals are available through the Employee Assistance Program (EAP), provided by ComPsych, at no cost to you. All employees and their dependents may utilize the program regardless of participation in UD's medical plans.

### WHEN TO USE THE EAP

- Family and marital conflicts
- Parenting concerns
- Emotional difficulties
- Health coaching and support
- Drug and alcohol dependency
- Stress management
- Grief over death of loved one or other losses
- Eating disorders
- Questions about legal or financial concerns
- Questions about child or elder care

### HOW TO USE THE EAP

If you need assistance, you can call and speak to an EAP counselor, who is available 24 hours a day, including holidays. Contact ComPsych at 855-365-4754.

Sometimes a telephone call is all it takes. But if you want or need additional counseling, you can schedule an appointment with an EAP counselor for face-to-face assessment. UD will pay for up to six sessions per person, per issue each year. The EAP can also provide referrals to other providers or community resources if you need additional assistance.

- CARES Member phone number: 855-365-4754
- [guidanceresources.com](https://guidanceresources.com)
- Online Registration Code: ONEAMERICA6
- Organization: Collegiate Association of the Southwest
- Phone App: Guidance Resources Now