



Resources *for* Living®

We’re always here for you

We’d like to extend you a warm welcome — and an invitation to call on us for support. We know the important work you do each day keeps you busy. That’s why we make it easy for you to access resources to help you live your best life.

Challenges are all around — both at work and at home. Click on the links below to learn more about the services available to you and your household members:

- [Emotional support](#) — Get anytime in-the-moment support. You can also visit a counselor face-to-face or online with televideo.
- [Online chat therapy](#) – Send secure texts to your counselor, who will respond within one working day. A week of texting counts as one session. You can also meet with your counselor for virtual sessions.
- [Daily life assistance](#) — Call us for help finding providers for child or eldercare, household services, caregiver support and more.
- [Legal services](#) and [financial services](#) — Get legal and financial guidance from qualified professionals.
- [Member website](#) — Access live and on-demand webinars, watch videos, take self-assessments and find resources and information to help with your day-to-day life.
- [Mobile app](#) — Access free resources such as stress busters and a mood tracker.
- [Digital self-paced support](#) — You have access to evidence-based support tools to help manage depression, anxiety, stress, substance misuse and more.

We’re here for you 24/7/365. Give us a call anytime to access or just ask about your benefits. It's our privilege to help you live your best life.

Note: For support, questions or claims through 12/31/2024, contact ComPsych at **1-877-537-7764** or **1-800-697-0353**.

Simply give us a call 24/7 to access EAP+ services.

Starting 1/1/2025, Owens Corning is excited to offer you a free benefit that can help you and your household members with just about any of life's challenges. Let us know you're with Owens Corning Doors when you call.

1-800-351-7669
owenscorning.com/eap

To find a network counselor or check to see if your current provider is part of our network, call the EAP+ before 1/1/2025 or [use the "Find a counselor" tool](#).

This information was brought to you by Resources For Living.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Resources For Living. Provider participation may change without notice.