



GuidanceResources®

# Emotional Support

## Your ComPsych® GuidanceResources® Program Can Help

Personal setbacks, emotional conflicts or just the demands of daily life can affect your work, health and family. With help from your GuidanceResources® program, they don't have to. This company-sponsored benefit is available to you and your family members at no cost and gives you someone to talk to when life's challenges threaten to overwhelm you. The program is staffed by highly trained, caring clinicians who are available by phone or online 24 hours a day, seven days a week.

### Call any time with personal concerns, including:

- Stress, anxiety and depression
- Marital and family conflicts
- Alcohol or drug use
- Job pressures
- Dealing with change
- Grief and loss



COMPSYCH®  
GuidanceResources® Worldwide


## 24/7 Live Assistance

**Call:** 855.459.6512 | **TRS:** Dial 711

**Online:** [guidanceresources.com](https://guidanceresources.com) | **App:** GuidanceNow<sup>SM</sup> | **Web ID:** REEPEAP

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# Work-Life Solutions

## Get the Everyday Help You Need

Just call your ComPsych® GuidanceResources® toll-free number. Our Work-Life Specialists will research your question, and, in just a few business days, send you a complete packet of practical information, including prescreened referrals, articles on your topic and much more. The materials can be delivered to you via email or second-day air.

### Call any time for assistance with topics, including:

- Finding child or elder care
- Housing searches
- Seeking financial assistance
- Finding pet care
- Sending a child off to school
- Planning a major project or event



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# Legal Guidance

## Get the Legal Help You Need

Just call your ComPsych® GuidanceResources® toll-free number. You'll be connected to a highly trained, caring clinician who will talk with you about your situation and schedule a phone appointment for you with one of our staff attorneys. If you need more immediate help, you can be connected to an attorney directly.

### Our attorneys can help you with:

- Family law matters, including divorce, custody, child support and adoption
- Bankruptcy and credit issues
- Landlord/tenant issues, including eviction and lease questions
- Real estate and foreclosure questions
- Immigration concerns
- Wills and living wills



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# Financial Resources

## Get the Expert, Objective Help You Need

Just call your ComPsych® GuidanceResources® toll-free number. You'll be connected to a highly trained, caring clinician who will talk with you about your specific situation and schedule a phone appointment for you with one of our financial experts.

Our in-house staff includes Certified Public Accountants, Certified Financial Planners and other professionals dedicated exclusively to providing financial information to you by phone.

And because our experts are not associated with any financial institution, you are assured that they will provide impartial and objective information on your money topics.

### Our financial experts can help you with:

- Credit card and debt management
- Budgeting, retirement and estate planning
- Tax and real estate questions
- Financing for college
- Investment options
- Mortgages, loans and refinancing



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# Legal and Financial Guidance

## Get the Expert, Objective Help You Need

Just call your ComPsych® GuidanceResources® toll-free number. You'll be connected to a highly trained, caring clinician who will discuss your situation and schedule a phone appointment for you with one of our attorneys or financial experts. Our in-house staff is dedicated exclusively to providing you with legal and financial information to you by phone, so you can be assured of impartial, objective guidance, no matter what the issue.

### Talk to our experts about:

- Credit card and debt management
- Budgeting, retirement and estate planning
- Tax and real estate questions
- Family law, including divorce, custody, child support and adoption
- Mortgages, loans, refinancing or foreclosure
- Landlord or tenant issues



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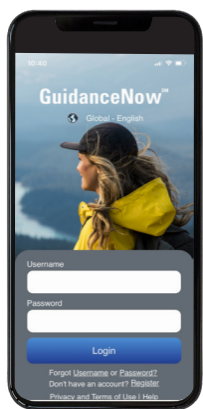
GuidanceResources®

# Online Support

## What you want. When and how you want it.

The GuidanceResources® portal and app ensure you have the right support, at the right time and in the right way. Whether you are looking for immediate access to tools and services, would like individualized resources suggested to you, or want a more holistic experience with highly-personalized care recommendations, you will find it on the GuidanceNow<sup>SM</sup> app and the guidanceresources.com platform.

Log on today to information and tools on the issues that matter most to you: relationships, work, school, parenting, wellness, legal, financial, free time and much more. With 24/7 access, you can get the info you need when and where you need it.



App Store



Google Play

### Go online for:

- Schedule Counseling, or arrange to speak with a Work & Life, Legal or Financial expert
- Access articles, podcasts, videos, slideshows
- Take on-demand trainings, join online communities
- And much more

### Download the free GuidanceNow<sup>SM</sup> app to gain access.

- Register as a first-time user on GuidanceResources.com using your organizations web ID
- Download the app from either the App Store or Google play
- Log in using your username and password



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