



Call ComPsych® GuidanceResources® anytime for confidential assistance.

Call: **877.533.2363**

Go online: guidanceresources.com

TDD: **800.697.0353**

Your company Web ID: **MY5848i**

Personal issues, planning for life events or simply managing daily life can affect your work, health and family. ComPsych® GuidanceResources® provides support, resources and information for personal and work-life issues. GuidanceResources is company-sponsored, confidential and provided at no charge to you and your dependents. This flyer explains how GuidanceResources can help you and your family deal with everyday challenges.

Confidential Counseling

Someone to talk to.

This no-cost counseling service helps you address stress, relationship and other personal issues you and your family may face. It is staffed by Guidance Consultants—highly trained master’s and doctoral level clinicians who will listen to your concerns and quickly refer you to in-person counseling and other resources for:

- › Stress, anxiety and depression
- › Job pressures
- › Relationship/marital conflicts
- › Grief and loss
- › Problems with children
- › Substance abuse

GuidanceResources® Online

Knowledge at your fingertips.

GuidanceResources Online is your one stop for expert information on the issues that matter most to you...relationships, work, school, children, wellness, legal, financial, free time and more.

- › Timely articles, HelpSheets™, tutorials, streaming videos and self-assessments
- › “Ask the Expert” personal responses to your questions
- › Child care, elder care, attorney and financial planner searches

Just call or click to access your services.

Your ComPsych® GuidanceResources® Program

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Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.

Confidential Emotional Support



Our highly trained clinicians will listen to your concerns and quickly refer you to in-person counseling and other resources for:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts

Online Support



GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions

Your ComPsych® GuidanceResources® program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 877.533.2363

TTY: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultantSM, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: guidanceresources.com

App: GuidanceResources® Now

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Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

24/7 Support, Resources & Information



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Comuníquese con nosotros... en cualquier momento y en cualquier lugar

Soluciones sin costo y confidenciales para los desafíos de la vida.

Apoyo emocional confidencial

Nuestros médicos altamente capacitados escucharán sus inquietudes y lo remitirán rápidamente a asesoramiento en persona y otros recursos para:

- Ansiedad, depresión, estrés
- Duelo, pérdidas y adecuación en la vida
- Conflictos maritales o de relación

Apoyo en línea

GuidanceResources® en línea es su vínculo a información fundamental, herramientas y apoyo durante las 24 horas, los 7 días de la semana. Inicie sesión para:

- Artículos, podcasts, videos, diapositivas
- Capacitaciones a demanda
- Respuestas personales a sus preguntas en "Pregúntele a un experto"

Su programa GuidanceResources® de ComPsych® ofrece una persona con quien hablar y recursos para consultar en el lugar y el momento que los necesite.

Llame al: 877.533.2363

TDD: 800.697.0353

Su número gratuito le ofrece acceso directo a un GuidanceConsultantSM, 24/7, que responderá a sus preguntas y, si es necesario, lo remitirá a un asesor u otros recursos.

En línea: guidanceresources.com

Aplicación: GuidanceResources® Now

Web ID: My5848i

Inicie sesión hoy para conectarse directamente con un asesor GuidanceConsultant y abordar su problema o consultar artículos, podcasts, videos y otras herramientas útiles.

Apoyo, recursos e información durante las 24 horas, los 7 días de la semana



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Comuníquese con su programa
GuidanceResources®

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