

# The Support you Need

ComPsych® GuidanceResources® provides you with the tools, resources or expert advice you need. See below for the different programs available to you today.

## Emotional Support | Your ComPsych® GuidanceResources® Program Can Help

The program is staffed by ComPsych® highly trained, caring clinicians who are available by phone or online 24 hours a day, seven days a week. **Six face-to-face sessions are also available per issue per employee/family member per year.**

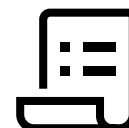


Call Any Time With Personal Concerns, Including:

Stress, Anxiety and Depression	Marital and Family Conflicts	Alcohol or Drug Use	Job Pressures	Dealing with Change	Grief and Loss
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## Legal Guidance | Get the Legal Help You Need

You'll be connected to a GuidanceConsultant<sup>SM</sup> who will talk with you about your situation and schedule a phone appointment for you with a ComPsych® staff attorney.



ComPsych® 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

## Work-Life Solutions | Get the Everyday Help You Need

ComPsych® Work-Life Specialists will research your question, and, send you a complete packet of practical information, including prescreened referrals, articles on your topic and much more.



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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## Online Support | What you want. When you want it.

Access your ComPsych® GuidanceResources® services anytime, anywhere from your computer, tablet or smartphone.

Go Online For:

- Articles, podcasts, videos, slideshows
- On-demand trainings, online communities and chat
- "Ask a GuidanceConsultant<sup>SM</sup>" personal responses to your questions



24/7 Live Assistance:

Call: **844-266-0712**

TRS: Dial 711



Online: [guidanceresources.com](https://www.guidanceresources.com)

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

Web ID: **CHUBB**



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