# 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:**

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|---|---|---|---|---|---|
| **Stress, Anxiety and Depression** | **Marital and Family Conflicts** | **Alcohol or Drug Use** | **Job Pressures** | **Dealing with Change** | **Grief and Loss** |

## Legal Guidance | Get the Legal Help You Need

You'll be connected to a GuidanceConsultant℠ 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:**

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| **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** |

## 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℠" personal responses to your questions

**24/7 Live Assistance:**
**Call: 844-266-0712**
**TRS: Dial 711**

**Online: guidanceresources.com**
**App: GuidanceNow℠**
**Web ID: CHUBB**

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