

Emotional *support*

ComPsych® GuidanceResources® 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.

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GuidanceResources gives you someone to talk to when life's challenges threaten to overwhelm you.

You can 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

Get 24/7 Assistance

Call **877.595.5284** to speak to a highly trained, caring professional who can listen and then guide you to the appropriate services. Or go to **guidanceresources.com** and enter your company ID: EAPCOMPLETEX.



Live Assistance

Landline: 866-883-0874

App: GuidanceNow®

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

Web ID: VALLEY



Scan for more resources

