

24/7 SUPPORT

NO-COST, CONFIDENTIAL SOLUTIONS TO LIFE'S CHALLENGES



OVERVIEW

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



CONFIDENTIAL EMOTIONAL SUPPORT

Their highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

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



FINANCIAL RESOURCES

Their financial experts can assist with a wide range of issues. Talk to them about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



LEGAL GUIDANCE

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more

Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



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

WAYS TO CONNECT



1-866-365-0816

TTY: 1-800-697-0353



www.guidanceresources.com



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