

24/7 Support, Resources & Information



Confidential Emotional Support

Our 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



Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



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.



Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

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



Confidential Counseling

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

Contact Us... Anytime, Anywhere

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

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

Here when you need us.

Call: 800.460.4374

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

Web ID: EAPEssential

TTY: 800.697.0353

App: GuidanceNowSM