



GuidanceResources®

# Emotional Support

## Your ComPsych® GuidanceResources® Program 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.

### 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

COMPSYCH®  
GuidanceResources® Worldwide



24/7 Live Assistance:  
Call: 800.272.7255  
TRS: Dial 711



Online: [guidanceresources.com](https://www.guidanceresources.com)  
App: GuidanceNow<sup>SM</sup>  
Web ID: COM589





GuidanceResources®

# Work-Life Solutions

## Get the Everyday Help You Need

Just call your ComPsych® GuidanceResources® toll-free number. Our Work-Life Specialists will research your question, and, in just a few business days, send you a complete packet of practical information, including prescreened referrals, articles on your topic and much more. The materials can be delivered to you via email or second-day air.

### 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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