



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



24/7 Live Assistance:
Call: 888.283.3515
Telecommunications Relay Service: Dial 711



Online: [guidanceresources.com](https://www.guidanceresources.com)
App: GuidanceNowSM
Web ID: UAS





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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GuidanceResources®

Legal Guidance

Get the Legal Help You Need

Just call your ComPsych® GuidanceResources® toll-free number. You'll be connected to a highly trained, caring clinician who will talk with you about your situation and schedule a phone appointment for you with one of our staff attorneys. If you need more immediate help, you can be connected to an attorney directly.

Our 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




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Financial Resources

Get the Expert, Objective Help You Need

Just call your ComPsych® GuidanceResources® toll-free number. You'll be connected to a highly trained, caring clinician who will talk with you about your specific situation and schedule a phone appointment for you with one of our financial experts.

Our in-house staff includes Certified Public Accountants, Certified Financial Planners and other professionals dedicated exclusively to providing financial information to you by phone.

And because our experts are not associated with any financial institution, you are assured that they will provide impartial and objective information on your money topics.

Our financial experts can help you with:

- Credit card and debt management
- Budgeting, retirement and estate planning
- Tax and real estate questions
- Financing for college
- Investment options
- Mortgages, loans and refinancing



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GuidanceResources®

Online Support

What you want. When you want it.

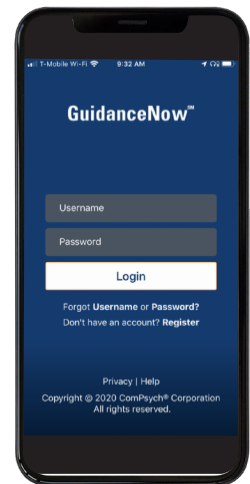
Access your ComPsych® GuidanceResources® services anytime, anywhere from your computer, tablet or smartphone. Our award-winning portal, GuidanceResources® Online, is your go-to site for expert information and tools on the issues that matter most to you: relationships, work, school, parenting, wellness, legal, financial, free time and much more. With 24/7 access, you can get the info you need when and where you need it.

Go online for:

- Articles, podcasts, videos, slideshows
- On-demand trainings, online communities and chat
- "Ask a GuidanceConsultantSM" personal responses to your questions

Download the free GuidanceNowSM app to gain access.

- Register as a first-time user on GuidanceResources.com using your organizations web ID
- Download the app from either the App Store or Google play
- Log in using your username and password



App Store



Google Play



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GuidanceResources® Worldwide



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GuidanceResources®

Digital Self-Care Tools, Available Anytime, Anywhere



Your GuidanceResources® program offers a platform of digital self-care tools that can help you tackle stress, depression and other common mental health issues—whenever and from wherever you need to.

Provided in partnership with Koa Foundations, this interactive, user-friendly platform is a powerful, self-contained wellness solution. The dynamic, digital content is grounded in evidence-based techniques, such as cognitive behavioral therapy, mindfulness and positive psychology, and is curated by skilled psychologists. It's also clinically proven to enhance mental health and well-being.

Focus areas include:

- Anxiety
- Depression
- Mindfulness
- Sleep improvement
- Stress
- Resilience
- Positive thinking
- Low self-esteem and more

How It Works

To get started, Foundations asks you about your goals. Maybe it's wanting to sleep better, or to be less stressed or to have more confidence in yourself. Using your answers, the platform creates individualized experiences through interactive programs, skill-building tools and inspirational resources you access right from your smartphone or tablet.

These experiences help you:

- Reduce personal roadblocks
- Eliminate stress and anxiety
- Overcome mental barriers

All the while, the program tracks your progress and keeps you motivated on your journey to a better you.

Log on to guidanceresources.com and click the icon for digital self-care tools to get started today!



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