ComPsych | GuidanceResources®

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 employer-provided benefit is available to you and your household members at no cost and gives you someone to talk to when facing any of life's many challenges. The program is staffed by highly trained, caring clinicians who are available by phone or online 24 hours a day, seven days a week.

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

Talk to us for personal concerns, including:

- **Stress, anxiety, and depression**
- **Marital and family conflicts**
- **Alcohol or drug misuse**
- **Job pressures**
- **Dealing with change**
- **Grief and loss**

Easy Access

Call 800-311-4327 to speak to a highly trained, caring professional who will guide you to the appropriate services.

Or go to **guidanceresources.com** using your organization's Web ID to request services.



24/7 Live Assistance

Call: 800-311-4327
App: GuidanceNow℠
Online: guidanceresources.com

TRS: Dial 711
Web ID: GRE311

Scan for more resources

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