# ComPsych<sup>®</sup> GuidanceResources<sup>®</sup>



# Contact Us... Anytime, Anywhere

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



#### **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



#### **Online Support**

GuidanceResources<sup>®</sup>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

## **Curby C. Rogers**

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

### Call: 800.272.7255 TTY: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant<sup>™</sup>, who will answer your questions and, if needed, refer you to a counselor or other resources.

### Online: guidanceresources.com App: GuidanceResources<sup>®</sup> Now Web ID: COM589

Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

24/7 Support, Resources & Information

### Contact Your GuidanceResources<sup>•</sup> Program

Call: 800.272.7255 TTY: 800.697.0353 Online: guidanceresources.com App: GuidanceResources<sup>®</sup> Now Web ID: COM589

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