

# Contact Us... Anytime, Anywhere

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

COMPSYCH®  
GuidanceResources® Worldwide



## 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® Online is your 24/7 link to vital information, tools and support. Log on for:

- Take a well-being assessment to evaluate your mental, emotional, physical, social, legal and financial needs
- Connect directly to counseling, work-life support or other services
- Tap into an array of articles, podcasts, videos, slideshows and on-demand trainings



## Free Online Will Preparation

EstateGuidance® lets you quickly and easily create a will online.

- Specify your wishes for your property
- Provide funeral and burial instructions
- Choose a guardian for your children



## Interactive Digital Tools

Our digital self-care platform offers interactive behavioral health tools and resources. Log on for:

- Guided programs for anxiety, depression, mindfulness, sleep, stress and more
- Personalized, guided resources and motivational support
- Secure access through GuidanceResources® Online

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

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

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

## 24/7 Support, Resources & Information



### Contact Your ComPsych® GuidanceResources® Program

Call: 877.595.5284

TRS: Dial 711

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

App: GuidanceNow<sup>SM</sup>

Web ID: UMHealth