

# Your GuidanceResources® Program

Contact us anytime for confidential assistance.



We are excited to announce that we have added a Student Assistance Program (SAP) to benefit you and your family. ComPsych GuidanceResources benefits will give you and your dependents access to confidential support, resources and information for personal and work-life issues. These services are provided at no charge to you. These services include:

## Confidential Counseling

Life can be stressful. Your SAP is designed to provide short-term counseling services for you and your dependents to help you handle concerns constructively, before they become major issues. Call anytime about concerns such as marital, relationship and family problems; stress, anxiety and depression; grief and loss, job pressures and substance abuse.

## Legal Support

With your GuidanceResources program, you have an attorney “on call” whenever you have questions about legal matters. Speak with on-staff licensed attorneys about legal concerns such as divorce, custody, adoption, real estate, debt and bankruptcy, landlord/tenant issues, civil and criminal actions and more. If you require representation, you can be referred to a qualified attorney for a free 30-minute consultation and a 25 percent reduction in customary legal fees.

## Financial Information

Everyone has financial questions. With your GuidanceResources benefit, you can get answers about budgeting, debt management, tax issues and other money concerns from on-staff CPAs, Certified Financial Planners® and other financial experts, simply by calling your toll-free number.

## Work-Life Solutions

Too much to do, and too little time to get it all done? The work-life specialists at ComPsych can do the research for you and provide qualified referrals and customized resources for child and elder care, moving, college planning, home repair, buying a car, planning an event, selling a house and more.

## GuidanceResources® Online

Go online to access timely, expert information on thousands of topics, including relationships, work, school, children, wellness, legal, financial and free time. You can search for qualified child and elder care, attorneys and financial planners, as well as ask questions, take self-assessments and more.

## GuidanceResources is available to you 24 hours a day, 7 days a week.

There are two ways to access your GuidanceResources benefits:

- Call your toll-free number. You'll speak to a counseling professional who can listen to your concerns and guide you to the appropriate services you require.
- Visit GuidanceResources Online at [www.guidanceresources.com](http://www.guidanceresources.com) and enter your company ID.

Remember, your GuidanceResources benefits are strictly confidential. To view the ComPsych HIPAA privacy notice, please go to [www.guidanceresources.com/privacy](http://www.guidanceresources.com/privacy).

I hope you will take some time to explore all the benefits that GuidanceResources has to offer.

## Here when you need us.

Call: 833.485.4249

TTY: 800.697.0353

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

App: GuidanceNow<sup>SM</sup>

Web ID: WISP

