

An Overview of Your GuidanceResources® Complete Program

No matter what's going on in your life, ComPsych® GuidanceResources® is here to help.

Personal problems, planning for life events or simply managing daily life can affect your work, health and family. ComPsych® GuidanceResources® is a company-sponsored service that is available to you and your dependents 24/7, at no cost, to provide confidential support, resources and information to get through life's challenges. Here's how ComPsych® GuidanceResources® can help you.



Confidential Counseling on Personal Issues

Your Employee Assistance Program (EAP) helps you address the personal issues you and your dependents are facing. A GuidanceConsultantSM is available to listen to your concerns and refer you to a local provider for in-person counseling or to resources in your community. Call any time with personal concerns, including:

- Depression
- Stress and anxiety
- Marital and family conflicts
- Alcohol and drug abuse
- Job pressures
- Grief and loss



Information, Referrals and Resources for Work-Life Needs

Whether you are a new parent, a caregiver for an elder, sending a child off to college, buying a car or doing home repairs, you're bound to have questions or need resource referrals. Our worklife specialists will help you sort out the issues and provide you with information based on your specific criteria. You'll receive a personalized reference package containing helpful resources and literature, covering areas such as:

- Finding child or elder care
- Relocating to a new city
- Finding pet care
- Home repair
- Planning for college
- Entertaining family and friends
- Purchasing a car



Legal Information, Resources and Consultation

When a legal issue arises, our attorneys are available to provide confidential support with practical, understandable information and assistance. If you require representation, you can also be referred to a qualified attorney in your area for a free 30-minute consultation with a 25% reduction in customary legal fees thereafter. Call any time with legal issues including:

- Divorce and family law
- Bankruptcy
- Debt obligations
- Criminal actions
- Landlord and tenant issues
- Civil lawsuits
- Real estate transactions
- Contracts



Financial Information, Resources and Tools

Financial issues can arise at any time, from dealing with debt to saving for college. Our financial professionals are here to discuss your concerns and provide you with the tools and information you need to address your finances, including:

- Saving for college
- Tax questions
- Getting out of debt
- Estate planning
- Retirement planning



Online Information, Tools and Services

GuidanceResources® Online is your one stop for expert information on the issues that matter to you, from personal or family concerns to legal and financial concerns. You can:

- Review in-depth HelpSheetsSM on topics you select
- Get answers to specific questions
- Search for services and referrals
- Use helpful planning tools
- Complete a legally binding will or plan your final arrangements at no cost through EstateGuidance®

**WE ARE AVAILABLE 24 HOURS A
DAY, 7 DAYS A WEEK.**

Call: **800.311.4327**

TTY: **800.697.0353**

Online: **guidanceresources.com**

Your company Web ID: **GRS311**

EstateGuidance promo code: **GRS311**