

GuidanceResources®

Your Life. Your Work. Your Best.

Your GuidanceResources® Program

Services:

Your ComPsych® GuidanceResources® program offers help with any problem, anytime, anywhere. No issue is too big or too small.

Your toll-free number gives you direct, 24/7 access to highly trained, caring clinicians who will answer your questions, identify solutions and connect you with the help you need.

Log on to [GuidanceResources.com](https://www.guidanceresources.com) today to access all the support and tools available through your GuidanceResources® program.

24/7 Support, Resources & Information

Confidential Emotional Support

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts

Digital Support

- Connect to counseling, work-life support or other services
- Tap into an array of articles, podcasts, videos, slideshows
- Improve your skills with On-Demand trainings

“Life is full of surprises. I’m so thankful to have a benefit that can help with just about anything.”

COMPSYCH®
GuidanceResources® Worldwide



24/7 Live Assistance:
Call: 877-533-2363
TRS: Dial 711



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