



What is your GuidanceResources® program? Your GuidanceResources program is a network of services that provides counseling, legal and financial support, and work-life resources to help you achieve more at work and home, and handle any personal or professional challenges you may face. It is the go-to source when dealing with life's many problems. Your GuidanceResources program is provided free of charge and offers someone to talk to or resources to consult whenever and wherever you need them. These services are strictly confidential and available to you and your immediate family members 24 hours a day, seven days a week, by phone or online.

Confidential Counseling

Feeling stress, anxiety or depression? Dealing with job pressures or marital conflicts? Facing job pressures? Talk to us. Our GuidanceConsultantsSM, highly trained and caring clinicians, will listen to your concerns and, if necessary, refer you to in-person counseling or other resources for:

- › Anxiety, depression or other mental health issues
- › Grief, loss and other life adjustments
- › Job pressures, conflicts, stress

Financial Planning and Resources

Our in-house staff of experts can help with a wide range of financial issues. Whether it's getting out of debt and paying off loans, or family budgeting and retirement planning, they have the knowhow to put you on the right path. Talk to us about:

- › Budgeting, saving for college, retirement planning
- › Home buying, mortgages, insurance
- › Debt or bankruptcy

Legal Support and Guidance

Talk to our in-house attorneys for practical assistance with your most pressing legal issues. If you require representation, we can refer you to a qualified attorney in your area for a free, 30-minute consultation, as well as a 25 percent reduction in standard legal fees thereafter. We're here to help with:

- › Divorce, adoption, family law, wills and trusts
- › Real estate transactions, tenant/landlord conflicts
- › Civil and criminal actions

Work-Life Solutions

Our Work-Life specialists create customized, effective solutions to address your unique situation. We do the research for you, providing qualified referrals and resources for just about anything on your to-do list. There is virtually no limit to the subjects we can tackle for you:

- › Child and elder care recommendations
- › Moving, relocation or home repair
- › Making major purchases, planning events or caring for pets

GuidanceResources® Online

Our award-winning website is your resource for expert information on the issues that matter most to you: relationships, work, school, children, wellness, legal, financial, free time and much more. With 24/7 access, you can get the info you need when you need it in a language you can understand. Go online for:

- › Timely articles, podcasts, videos, tutorials and slideshows
- › Online communities for support and education
- › "Ask the Expert" personal responses to your questions

Call: **866.519.8360** TDD: 800.697.0353

Go online: **guidanceresources.com**

Your company Web ID: **EAP4TRU**



Your ComPsych® GuidanceResources® Program

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