

An Overview of Your GuidanceResources® Enhanced 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, at no cost, to provide confidential support, resources and information to get through life's challenges. This flyer explains how ComPsych® GuidanceResources® can help you.



Confidential Counseling on Personal Issues

Your Employee Assistance Program (EAP) is a confidential assistance program to help address the personal issues you and your dependents are facing. This service, staffed by experienced clinicians, is available by phone 24 hours a day, seven days a week. 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
- Marital and family conflicts
- Job pressures
- Stress and anxiety
- Alcohol and drug abuse
- Grief and loss



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



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
- Estate planning
- Tax questions
- Retirement planning
- Getting out of debt



Online Information, Tools and Services

GuidanceResources® Online is your one stop for expert information to assist you with the issues that matter to you, from personal or family concerns to legal and financial concerns. Create your own account by going to www.guidanceresources.com. Each time you return to the site, you will find personalized, relevant information based on your individual life needs. You can:

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

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

Call: 800.311.4327 | TRS: Dial 711

Online: guidanceresources.com

Your company Web ID: GRE311

EstateGuidance promo code: GRE311