



ComPsych® Employee Assistance Programme (EAP)

Your Resource for Confidential Assistance

Personal problems, planning for life events or simply managing day-to-day tasks can affect your work, health and family. That's where your GuidanceResources programme can help. This company-sponsored service is available to you and your dependents at no cost to provide confidential counselling, resources and information to get you through life's challenges. Contact us today for:



Confidential Emotional Support

Our highly trained, local clinicians will listen to your concerns and help you and your family members with any issues, including:

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



Financial Information

Our financial experts can assist with a wide range of issues. They offer a free half-hour consultation per issue per year for:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



Legal Guidance

Talk to a local legal expert for practical assistance with your most pressing issues. Our experts offer a free half-hour consultation per issue per year on almost any legal topic, including:

- Divorce, adoption, family law
- Wills and trusts
- Landlord or tenant issues, and more



Online Support

GuidanceResources® Online is your 24/7 link to articles and educational content on the subjects that matter most to you:

- Relationships, family, parenting
- Health, wellness, well-being
- Legal, financial, free time and more

To access, call or go online to www.guidanceresources.com and use your company ID: AECOM

Argentina	0800.333.9106	Netherlands	Landline and mobile: 0.800.020.0726
Australia	1.800.377.275	New Zealand	Landline and mobile: 0800.451978
Austria	0800.802196	Oman	Landline and mobile: 800.77634
Bahrain	Landline and Mobile: 8000.6882	Panama	507.833.9094
Belarus	Direct to US Landline: 8.820.0011.0246, Collect to US: 1.312.595.0074	Peru	Landline: 0800.54669, Mobile: +51.17071294
Belgium	0800.261.74	Philippines	Landline: 1800.1.116.0927, Mobile: +63.23953309
Bolivia	Landline and Mobile: 800.10.5124	Poland	Landline: 0.0.8001113839, Mobile: +48.223071506
Botswana	Landline: 00269.800.3000.463, Mobile: (+27) 875502184	Portugal	800.180.069
Brazil	0.800.031.3357	Puerto Rico	Landline and Mobile: 1.800.948.3913
Canada	English: 800.497.9096, French: 877.616.0509	Qatar	00800.100.071
Chile	56.448909184	Romania	Landline and Mobile: 0800.360644
China	4001.200746	Russia	8.800.100.6459
Colombia	Landline: 01800.913.7493, Mobile: 57.601.3819249	Saudi Arabia	800.844.8872, 800.814.1382
Czech Republic	800.700.366	Singapore	Landline: 800.852.3937, Mobile: 3158.6529
France	Landline and Mobile: 0805.081906	South Africa	Landline and Mobile: 080.0991590, Mobile (+27) 875502184
Germany	Landline and Mobile: 0800.3007347	Spain	900.868553
Ghana	Landline: 0260.000.514, Mobile: +233.24.2426126	Sri Lanka	Landline and Mobile: +94.078.9997098
Greece	Landline and Mobile: 800.8481276	Sweden	Landline and Mobile: 020.889.844
Hong Kong	800.905.386	Taiwan	Landline and mobile: 00801.12.6953
India	Landline: 000800.100.4444, Mobile: +91.8286088084 (08286088084)	Thailand	Landline and Mobile: 180.001.9270
Indonesia	Landline: 001.8030152046091, Mobile: +62.8121123123	Trinidad and Tobago	Direct to US Landline and Mobile: 1.800.201.1720
Ireland	1.800.948.327	Turkey	Landline and Mobile: 0850.30.73.373
Italy	800.788.706	Ukraine	0.800.501753
Japan	0120.974.243	UAE	Landline and Mobile: 800.0320510
Kazakhstan	Landline: 8.800.3332650, Mobile: +7.727.3505448	UK	0800.917.5320
Korea	Landline and Mobile: 080.822.1376	United States	866.501.7962
Latvia	Landline and Mobile: 8000.3455	Vietnam	Mobile: +84.24.44581939, Landline: 120.11.410
Macao	Landline and Mobile: +853.62625202	Collect to U.S. call centre	1.312.595.0074
Malaysia	Landline: 1.800.813.685, Mobile: (+60) 169333523	Collect to UK call centre	0800.200.357
Mexico	Landline: 800.681.9591, Mobile: +52.3341708343		
Mozambique	Landline and mobile: +27 11 9121295		

*If you don't see your country listed here, call collect to the UK or US call centre, or go online to www.guidanceresources.com and register using your company ID: AECOM to find a local provider in your community.