

GuidanceResources®

Your Life. Your Work. Your Best.®

Your GuidanceResources® Programme

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

Your programme 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 search the directory for a local provider or phone number. You can also review articles and other helpful tools where available.

24/7 Support, Resources & Information

Services:

Confidential Emotional Support

5 in-person sessions per issue, per year

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

Legal Guidance

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

Financial Resources

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

Digital Support

Tap into an array of articles and useful tools on topics such as

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

Interactive Digital Tools

- Self-care platform offers guided health programmes
- Tackle anxiety, depression, stress
- Improve mindfulness, sleep, and more

AECOM

COMPSYCH®
GuidanceResources® Worldwide



24/7 Live Assistance:

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App: Download the GuidanceResources Now app via the [Apple Store](#) or [Google Play](#).



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