

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 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

- 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

COMPSYCH®
GuidanceResources® Worldwide



24/7 Live Assistance:
Call: Refer to phone list on the
back side



Online: guidanceresources.com
App: GuidanceNow™
Web ID: GumGum



United States 844.300.2925
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Denmark 8082.6013
France 0805.081906
Germany 0800.3007347
Japan 8002220349
Mexico 800.681.9591
Netherlands 0.800.020.0726
Poland 0.0.8001113839
Singapore 800.852.3937
United Kingdom 0800.917.5320

*If you experience issues with the number, call collect to US call centre at 1.312.595.0074 or visit www.guidanceresources.com to find a local provider in your community.