

GuidanceResources®

# Your Life. Your Work. Your Best.®

Your GuidanceResources® Programme

## Services:

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

### 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](https://www.guidanceresources.com)  
App: GuidanceNow<sup>SM</sup>  
Web ID: GumGum



<b>United States</b> .....	844.300.2925
<b>Australia</b> .....	1.800.377.275
<b>Belgium</b> .....	0800.261.74
<b>Canada</b> .....	1.866.641.3847
<b>Denmark</b> .....	8082.6013
<b>France</b> .....	0805.081906
<b>Germany</b> .....	0800.3007347
<b>Japan</b> .....	8002220349
<b>Mexico</b> .....	800.681.9591
<b>Netherlands</b> .....	0.800.020.0726
<b>Poland</b> .....	0.0.8001113839
<b>Singapore</b> .....	800.852.3937
<b>United Kingdom</b> .....	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](http://www.guidanceresources.com) to find a local provider in your community.