



Emotional Support

Your ComPsych® GuidanceResources® Program Can Help

Personal setbacks, emotional conflicts or just the demands of daily life can affect your work, health and family. With help from your ComPsych® GuidanceResources® program, they don't have to. This company-sponsored benefit is available to you and your family members at no cost and gives you someone to talk to when life's challenges threaten to overwhelm you. The program is staffed by experienced, caring clinicians who are available by phone or online 24 hours a day, seven days a week.

Call any time with personal concerns, including:

- Stress, anxiety and depression
- Marital and family conflicts
- Alcohol or drug use
- Job pressures
- Dealing with change
- Grief and loss

Here when you need us.

Call: 855.784.2057

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: UNI



Contact us anytime for confidential assistance.