



### Confidential Emotional Support

**\*New! Up to 5 sessions per issue per year\***

Our highly trained clinicians will listen to your concerns and help you or your family members cope while experiencing:

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



### Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



### Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more

Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



### Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

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



### Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions



### Tobacco Cessation

HealthyGuidance® gives you the tools to quit smoking for good, including:

- 1-on-1 counseling with a certified coach
- A personalized quit plan
- Online support and information



### Free Online Will Preparation **\*New\***

EstateGuidance® lets you quickly and easily create a will online.

- Specify your wishes for your property
- Provide funeral and burial instructions
- Choose a guardian for your children

# Contact Us... Anytime, Anywhere

**No-cost, confidential  
solutions to life's challenges.**

Your ComPsych® GuidanceResources® program offers someone to talk to and resources to consult whenever and wherever you need them.

**Call: 855.355.9097**

**TTY: 800.697.0353**

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant<sup>SM</sup>, who will answer your questions and, if needed, refer you to a counselor or other resources.

**Online: [guidanceresources.com](https://guidanceresources.com)**

**App: GuidanceNow<sup>SM</sup>**

**Web ID: FCPS**

Log on today to connect directly with a GuidanceConsultant or to consult articles, podcasts, videos and other helpful tools.

# 24/7 Support, Resources & Information



## Contact Your GuidanceResources® Program

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