



## 24/7 Confidential Support, Resources and Information



### Mental and Emotional Health Support

Highly-trained clinicians will listen to your concerns and help you or your household members/loved ones through up to eight counseling sessions per issue per year, including support for:

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



### Wellbeing Coaching

Connect today with a certified personal coach for one-on-one services available over the phone or via video link. This service offers a flexible five session model, with the option to continue beyond the fifth session. Coaching session times range from 15-30 minutes and offer support with a variety of concerns, including:

- Tackling burnout and work-life balance
- Developing self-compassion
- Building resilience and finding motivation
- Improving sleep, and more!



### Work-Life Solutions

Specialists provide qualified referrals and resources for anything and everything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Making major purchases, locating pet care



### Legal Guidance

Talk to a local legal expert for practical assistance with your most pressing issues. Experts offer a free half-hour consultation and a 25% reduction in fees per issue per year on almost any legal topic, including:

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



### Financial Resources

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



### Interactive Digital Tools

GuidanceResources<sup>®</sup> Online is your 24/7 link to vital information, tools and support, such as:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions
- Guided programs for anxiety, depression, mindfulness, sleep, stress and more
- Personalized, guided resources and motivational support

## Contact Us Anytime, Anywhere

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

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

Call: 877-395-1435 (U.S.)  
855-825-7759 (Canada)

TRS: Dial 711

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: AON

Log on today to connect directly with a GuidanceConsultant<sup>SM</sup> about your issue or to consult articles, podcasts, videos and other helpful tools.