

Contact Us... Anytime, Anywhere

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



Confidential Emotional Support

Our highly trained, local clinicians will listen to your concerns and help you and your family members with any issues, including:

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



Legal Guidance

Talk to a local legal expert for practical assistance with your most pressing issues. Our experts offer a free half-hour consultation per issue per year on almost any legal topic, including:

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



Financial Information

Our financial experts can assist with a wide range of issues. They offer a free half-hour consultation per issue per year for:

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



Online Support

GuidanceResources® Online is your 24/7 link to articles and educational content on the subjects that matter most to you:

- Relationships, family, parenting
- Health, wellness, well-being
- Legal, financial, free time and more

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

Call: 0800.917.5320

Your programme phone number gives you direct, 24/7 access to a GuidanceConsultantSM, who is a trained clinician who can support you and offer referrals for ongoing assistance with a local expert.

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: GumGum

Log on 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

Contact Your GuidanceResources® Programme

Call: 0800.917.5320

XXXXXXX (mobile)

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