

Work-Life Solutions

Get the Everyday Help You Need

Just call your ComPsych® GuidanceResources® toll-free number. Our Work-Life Specialists will research your question, and, in just a few business days, send you a complete packet of practical information, including prescreened referrals, articles on your topic and much more. The materials can be delivered to you via email or second-day air.

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



24/7 Live Assistance:
Call:
TRS: Dial 711



Online: [guidanceresources.com](https://www.guidanceresources.com)
App: GuidanceNowSM
Web ID:

