Contact Us... Anytime, Anywhere
No-cost, confidential solutions to life’s challenges.

Confidential Emotional Support
Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:
- 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:
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Need representation? Get a free 30-minute consultation and a 25% reduction in fees.

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

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

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24/7 Support, Resources & Information

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