



GuidanceResources®

Emotional Support

Your ComPsych® GuidanceResources® Program Can Help

Personal setbacks, emotional conflicts or just the demands of daily life can affect your work, health and family. With help from your GuidanceResources® program, they don't have to. This free city-sponsored benefit is available to you and your household members at no cost and gives you someone to talk to when life's challenges threaten to overwhelm you. The program is staffed by highly trained, caring clinicians who are available by phone or online 24 hours a day, seven days a week.

Schedule up to 8 sessions per issue per year for personal concerns such as:

- Stress, anxiety and depression
- Marital and family conflicts
- Alcohol or drug use
- Job pressures
- Dealing with change
- Grief and loss

For more complicated matters, the program offers a free 30-minute telephonic or in-person consultation per issue, per year with a local attorney. There is a discount of 25 percent on fees for assistance beyond the initial consultation.



COMPSYCH®
GuidanceResources® Worldwide



24/7 Live Assistance:
Call: 1.800.858.6715
TRS: Dial 711



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

