ComPsych | GuidanceResources®

AR BENEFITS

Life is challenging. We can *help*.



We're your GuidanceResources® program.

Talk to us for the tools you need to handle any of life's challenges, big or small.

Our Services:

Confidential Counseling

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

Financial Resources

- Financial planning, retirement, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy

Work and Lifestyle Support

- Child, elder, and pet care
- Moving and relocation
- Shelters, government assistance

Digital Tools and Support

- Immediate connection to counseling, work-life support, and more
- Personalized guided behavioral health and well-being programs
- Interactive articles, videos, on-demand trainings, digital self-care tools
- Accessible resources for anxiety, stress, mindfulness, sleep, and more

Legal Guidance

- Divorce, adoption, family law
- Wills, trusts, estate planning
- Free consultation and discounted local representation

Explore your program:
Scan for video tour!

Confidential 24/7 support, when and where you need it.

Assistance is always confidential. View our privacy notice at guidanceresources.com/privacy

24/7 Live Assistance

Coming Soon!

24/7 Live Assistance Online or by Phone

***Services starting January 1, 2027**

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