



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 company-sponsored benefit is available to you and your family 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.

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

Digital Self-Care Tools

Our app-based self-care platform, Koa Care 360, guides you on the path to a healthier lifestyle. The app's interactive modules can be used in conjunction with counseling or on their own. Topics covered include:

- Stress and depression
- Burnout
- Balancing competing needs
- Developing self-compassion
- Goal setting
- Building resiliency
- Finding motivation
- Improving sleep

AECOM

COMPSYCH®
GuidanceResources® Worldwide



24/7 Live Assistance:
Call: 866.501.7962
TRS: Dial 711



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





GuidanceResources®

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 for assistance with topics, including:

- Finding child or elder care
- Housing searches
- Seeking financial assistance
- Finding pet care
- Sending a child off to school
- Planning a major project or event

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GuidanceResources®

Legal Guidance

Get the Legal Help You Need

Just call your ComPsych® GuidanceResources® toll-free number. You'll be connected to a highly trained, caring clinician who will talk with you about your situation and schedule a phone appointment for you with one of our staff attorneys. If you need more immediate help, you can be connected to an attorney directly.

Our attorneys can help you with:

- Family law matters, including divorce, custody, child support and adoption
- Bankruptcy and credit issues
- Landlord/tenant issues, including eviction and lease questions
- Real estate and foreclosure questions
- Immigration concerns
- Wills and living wills

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Financial Resources

Get the Expert, Objective Help You Need

Just call your ComPsych® GuidanceResources® toll-free number. You'll be connected to a highly trained, caring clinician who will talk with you about your specific situation and schedule a phone appointment for you with one of our financial experts.

Our in-house staff includes Certified Public Accountants, Certified Financial Planners and other professionals dedicated exclusively to providing financial information to you by phone.

And because our experts are not associated with any financial institution, you are assured that they will provide impartial and objective information on your money topics.

Our financial experts can help you with:

- Credit card and debt management
- Budgeting, retirement and estate planning
- Tax and real estate questions
- Financing for college
- Investment options
- Mortgages, loans and refinancing

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GuidanceResources®

Online Support

What you want. When you want it.

Access your ComPsych® GuidanceResources® services anytime, anywhere from your computer, tablet or smartphone. Our award-winning portal, GuidanceResources® Online, is your go-to site for expert information and tools on the issues that matter most to you: relationships, work, school, parenting, wellness, legal, financial, free time and much more. With 24/7 access, you can get the info you need when and where you need it.

To register, log on to guidanceresources.com using your organization's Web ID: AECOM

Download the free GuidanceNowSM app to gain access.

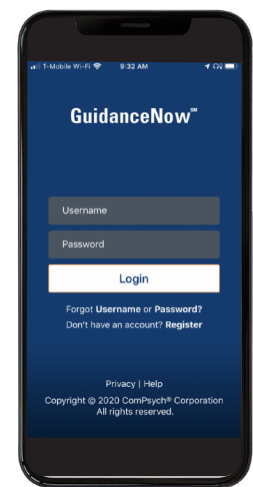
- Register as a first-time user on [GuidanceResources.com](https://guidanceresources.com) using your organization's web ID
- Download the app from either the App Store or Google play
- Log in using your username and password

Download the Digital Self-Care Tools App

Our app-based self-care platform, Koa Care 360, guides you on the path to a healthier lifestyle. The app's entertaining, interactive modules cover topics such as:

- Stress and depression
- Burnout
- Developing self-compassion
- Goal setting
- Building resiliency
- Finding motivation

Register for the app by logging on to guidanceresources.com and clicking the Digital Self-Care Tools icon.



App Store



Google Play

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