

# Contact Us... Anytime, Anywhere

No-cost, confidential resources for life's challenges.

## Confidential Assessment and Referral

Speak with GuidanceConsultants<sup>SM</sup> highly trained master's - and doctoral-level clinicians, who will listen to your needs and, if necessary, refer you to resources in your community for:

- Stress, anxiety and depression, job pressures
- Relationship/marital conflicts, grief and loss
- Problems with children, substance abuse

## Online Support

GuidanceResources<sup>®</sup> Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- Attorney and child care searches

Your ComPsych<sup>®</sup> GuidanceResources<sup>®</sup> program offers someone to talk to and resources to consult whenever you need them.

Call: 866.465.8934

TTY: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a specialist who can refer you to resources in your community.

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceResources<sup>®</sup> Now

Web ID: BCNYS

Log on today to connect directly to articles, podcasts, videos and other helpful tools.

# 24/7 Support, Resources & Information



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