

An Introduction to GuidanceResources®

Presented by ComPsych® Corporation



Stay Ahead of Performance, Productivity and Health Issues

COMPSYCH[®]
GuidanceResources[®] Worldwide

Guidance Resources Program

24/7 multilingual access to master's and doctoral-level professionals

12 session model per person, per issue, per year

Integrated work-life services, including:

- FamilySource®
- LegalConnect®
- FinancialConnect®

GuidanceResources® Online & GuidanceNowSM App

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:
• Divorce, adoption, family law, wills, trusts and more
Need representation? Get a free 30-minute consultation and a 25% reduction in fees.

Financial Resources
Our financial experts can assist with a wide range of issues. Talk to us about:
• Retirement planning, taxes
• 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

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

Call: 855-784-2056
TTY: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant™, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: guidanceresources.com
App: GuidanceResources® Now
Web ID: SmithEAP

Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

24/7 Support, Resources & Information

Contact Your GuidanceResources® Program

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Available 24 Hours a Day

Online: www.GuidanceResources.com

Web ID: **SmithEAP**

Phone Numbers: **855-784-2056**

Available for you AND your family members

Program is strictly confidential



Confidential Counseling

12 counseling sessions per person, per issue, per year for:

- Work and life relationships
- Stress, anxiety and depression
- Grief and loss
- Substance abuse
- Raising children
- Caring for elderly parents

Confidential discussions with local ComPsych® counselors who understand your needs and issues



TelePsych: Optimizing Access Through Technology

Convenient Alternatives to Traditional Counseling

We offer multiple points of access to our services so that participants of all ages, locations and abilities can get the support they need. Our programs include:



Telephonic Counseling

- Delivered by licensed and credentialed providers
- Available for individuals who cannot or do not want to schedule face-to-face sessions
- Scheduling and counseling process is the same as in-person counseling



Video Counseling

- Delivered by licensed and credentialed providers
- Scheduling and counseling process is the same as in-person counseling
- Process allows providers to observe the nonverbal cues and responses critical to assessment and treatment



Chat Counseling

- Real-time, scheduled chat counseling sessions via partnership with BetterHelp
- Provided through a secure portal
- Participants can text their counselors directly on a 24/7 basis

Legal and Financial Services

Legal Services

Unlimited telephonic support with legal experts to address such issues as:

- Family challenges
- Landlord tenant problems
- Criminal issues

Financial Services

Unlimited telephonic support with financial experts to address such issues as:

- Budgeting
- Debt
- Money management

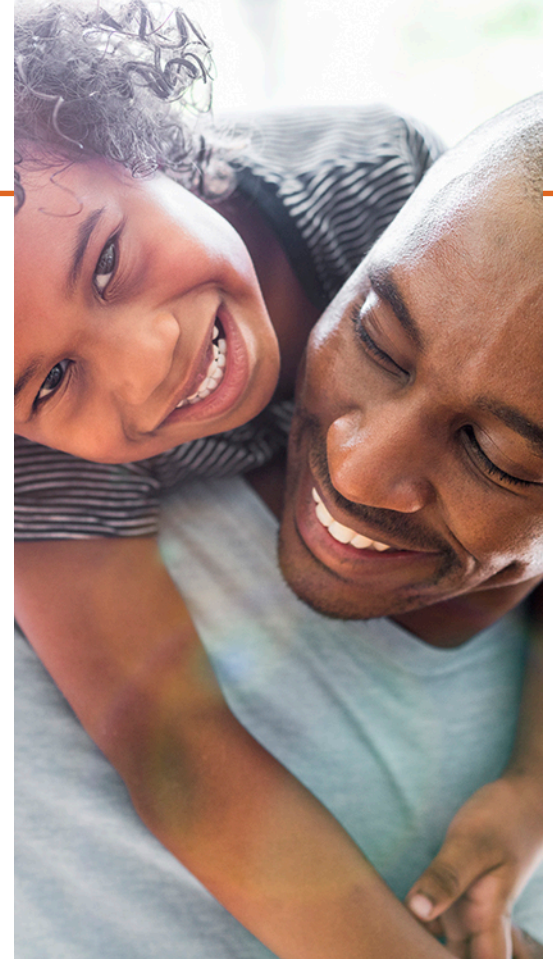


Work-Life Balance

Information, referrals, and resources for work-life needs

Addressing work-life balance issues by providing practical information and referrals

- Child and elder care
- Educational options
- Community information (farmers markets, local events, etc.)
- Home improvement
- Buying/selling a home, relocation
- Assistance with shopping and locating items
- Information on government programs such as Medicare, Medicaid and SSDI
- Retirement planning, taxes
- Vacation planning
- Wedding planning
- Pet care
- Planning your child's themed birthday party
- Locating fitness centers/recreational activities
- Buying/Selling a car

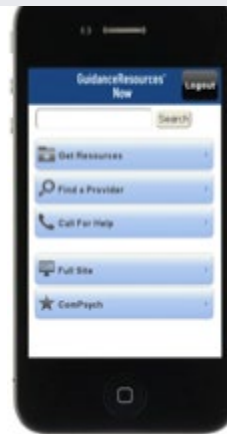


GuidanceResources® Online

Expert resources available 24/7

- Access from anywhere, anytime
- Click to Chat with a GuidanceConsultantSM
- HelpSheetsSM on thousands of topics vital to your employees
- Localized online resources — now in 65 countries
- Training programs

The screenshot shows the GuidanceResources Online website. At the top, there is a navigation bar with the logo and a list of categories: Wellness, Relationships, Work & Education, Financial, Legal, Lifestyle, Home & Auto, Working Abroad, and More... Below the navigation bar is a search bar with the text "How Can We Help You Today?" and a search icon. To the right of the search bar are links for "Don't know? Try our ResourceRecommender™" and "Take a Site Tour". Below the search bar are three featured articles: "BE SMART: Manage Your Personal Finances", "BE BETTER: Eat Better", and "BE PREPARED: Is your estate in order?". Each article has a brief description and a link to learn more. On the right side of the page, there is a "SERVICES" section with links for "ABOUT", "ACCESS", and "ALERTS", along with a phone number "800-xxx-xxxx". At the bottom of the page, there is a footer with links for "Home", "My Profile", "Change Password", "About Us", "Privacy", "Help", "Contact Us", and "Feedback". Below the footer are logos for "Available on the App Store" and "ANDROID APP ON Google play".



Online Information, Tools and Services

GuidanceResources® Online

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GuidanceResources® Worldwide

Login



Welcome to GuidanceResources® Online

GuidanceResources Online is an award-winning, comprehensive, interactive service that provides expert content and unique tools to assist you in every aspect of your life, all in a secure, easy-to-use, personalized environment.



LOGIN

REGISTER

Help

User Name

Password

Remember Me?

Login

[I forgot my username](#)

[I forgot my password](#)

To access, alter, or erase personal data, go to My Profile.

[Privacy](#)

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Employee Assistance Programs | Behavioral Health | Wellness Programs | Work-Life | HR Solutions



Thank You for Attending

Your single source for confidential support, expert information and valuable resources, when you need it the most.

Available 24 hours a day, 7 days a week

Online: guidanceresources.com

Web ID: **SmithEAP**

Toll-Free Number: **855-784-2056**

