

# Work-Life *solutions*

## Get the everyday help you need

Just call your ComPsych® GuidanceResources® toll-free number or log on to [guidanceresources.com](https://guidanceresources.com) to reach a Work-Life Specialist. They will research your question and find the answers. If they can't provide an immediate answer, they'll send you a complete packet of practical information, including maps, referrals, articles on your topic, estimated costs, and much more, in just a few business days. The materials can be delivered to you via email or, if you prefer, second-day air.

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GuidanceResources gives you someone to talk to for any of life's challenges, big or small.

## How can we help you?



Finding child or elder care



Housing searches



Seeking financial assistance



Locating pet care



Sending a child off to school



Planning a major project or event

## Easy Access

Call 877-533-2363 to speak to a GuidanceConsultant<sup>SM</sup> who will guide you to the appropriate services.

**Online scheduling:** log on to [guidanceresources.com](https://guidanceresources.com) using your organization's Web ID.



Live Assistance

Call: 877-533-2363  
App: GuidanceNow<sup>SM</sup>  
Online: [guidanceresources.com](https://guidanceresources.com)

TRS: Dial 711  
Web ID: MY5848i

→  
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