Personal issues, planning for life events or simply managing daily life can affect employees' work, health and family. The suite of confidential services offered by ComPsych® provides support, resources and information for personal and work-life issues. This flyer explains how ComPsych services can help employees and their families deal with everyday challenges.

**Confidential Counseling**
**Someone to talk to.**
This no-cost counseling service helps you address stress, relationship and other personal issues you and your family may face. It is staffed by GuidanceConsultants™—highly trained master's and doctoral level clinicians who will listen to your concerns and quickly refer you to in-person counseling and other resources for:

- Stress, anxiety and depression
- Job pressures
- Relationship/marital conflicts
- Grief and loss
- Problems with children
- Substance abuse

**Financial Information and Resources**
**Discover your best options.**
Speak by phone with our Certified Public Accountants and Certified Financial Planners on a wide range of financial issues, including:

- Getting out of debt
- Retirement planning
- Credit card or loan problems
- Estate planning
- Tax questions
- Saving for college

**GuidanceResources® Online**
**Knowledge at your fingertips.**
GuidanceResources Online is your one stop for expert information on the issues that matter most to you...relationships, work, school, children, wellness, legal, financial, free time and more.

- Timely articles, HelpSheets™, tutorials, streaming videos and self-assessments
- “Ask the Expert” personal responses to your questions
- Online wellness tools with a Health Risk Assessment
- Child care, elder care, attorney and financial planner searches

**Legal Support and Resources**
**Expert info when you need it.**
Talk to our attorneys by phone. If you require representation, we'll refer you to a qualified attorney in your area for a free 30-minute consultation with a 25% reduction in customary legal fees thereafter. Call about:

- Divorce and family law
- Debt and bankruptcy
- Landlord/tenant issues
- Real estate transactions
- Civil and criminal actions
- Contracts

**Work-Life Solutions**
**Delegate your “to-do” list.**
Our Work-Life specialists will do the research for you, providing qualified referrals and customized resources for:

- Child and elder care
- Moving and relocation
- Making major purchases
- College planning
- Pet care
- Home repair

**Health Care Navigation**
**Helping you make better health care choices.**
HealthChampion® provides confidential assistance with:

- Claims review and fee negotiation
- Cost estimates for health care treatments
- Explanation of health plan coverage
- Understanding diagnosis and treatment options
- Preparation and support for medical appointments and procedures

Just call or click to access your services.