

An Introduction to GuidanceResources®

Your Life. Your Work. Your Best.®

COMPSYCH®
GuidanceResources® Worldwide



Overview

Founded in 1984 and grown to be the largest provider of EAP services in the world

Expansive and diverse customer base covering more than 163 million individuals and more than 78,000 organizations throughout the U.S. and more than 200 countries

Pioneer and leading provider of fully integrated EAP, legal, financial, work-life and wellness services under the GuidanceResources® brand

Global service centers staffed by dedicated clinical, legal financial, wellness, behavioral and work-life experts—24 hours a day

Leading provider of Critical Incident Services worldwide





GuidanceResources®

Integrated GuidanceResources® allows us to be your single source for:

- Confidential consultation on personal issues
- Legal information and resources
- Financial information, resources and tools
- Information, referrals and resources for work-life needs
- Online information, resources and tools





Confidentiality

The program is strictly confidential

Records are maintained by ComPsych®

Summary of number of requests for assistance





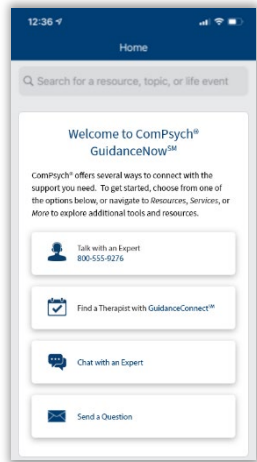
Available 24 Hours a Day

Call us anytime for solutions: **855-571-7822**

Go Online: **GuidanceResources.com**

Company Web ID: **PSEWTRUST**

Download **GuidanceNow APP**





Confidential Counseling

Short-term Counseling (5 Sessions)

- Address issues early
- No cost
- Confidential
- Voluntary

Long-term Counseling

- Continuing treatment for long-standing issues
- Refer to insurance





Legal Information and Consultation

Expert legal information from licensed ComPsych® staff attorneys

- Unlimited access
 - Family law
 - Wills
 - Bankruptcy
 - Estate planning
 - Real estate
 - ID theft
- Local, quality referrals
 - 30-minute consultation
 - Discounted legal fees





Financial Information and Consultation

Financial information from ComPsych® staff financial experts

- Unlimited access
 - Budgeting
 - Income tax
 - Credit
 - Real estate
 - Debt
 - Retirement planning
- Confidential and objective





Work-Life Balance

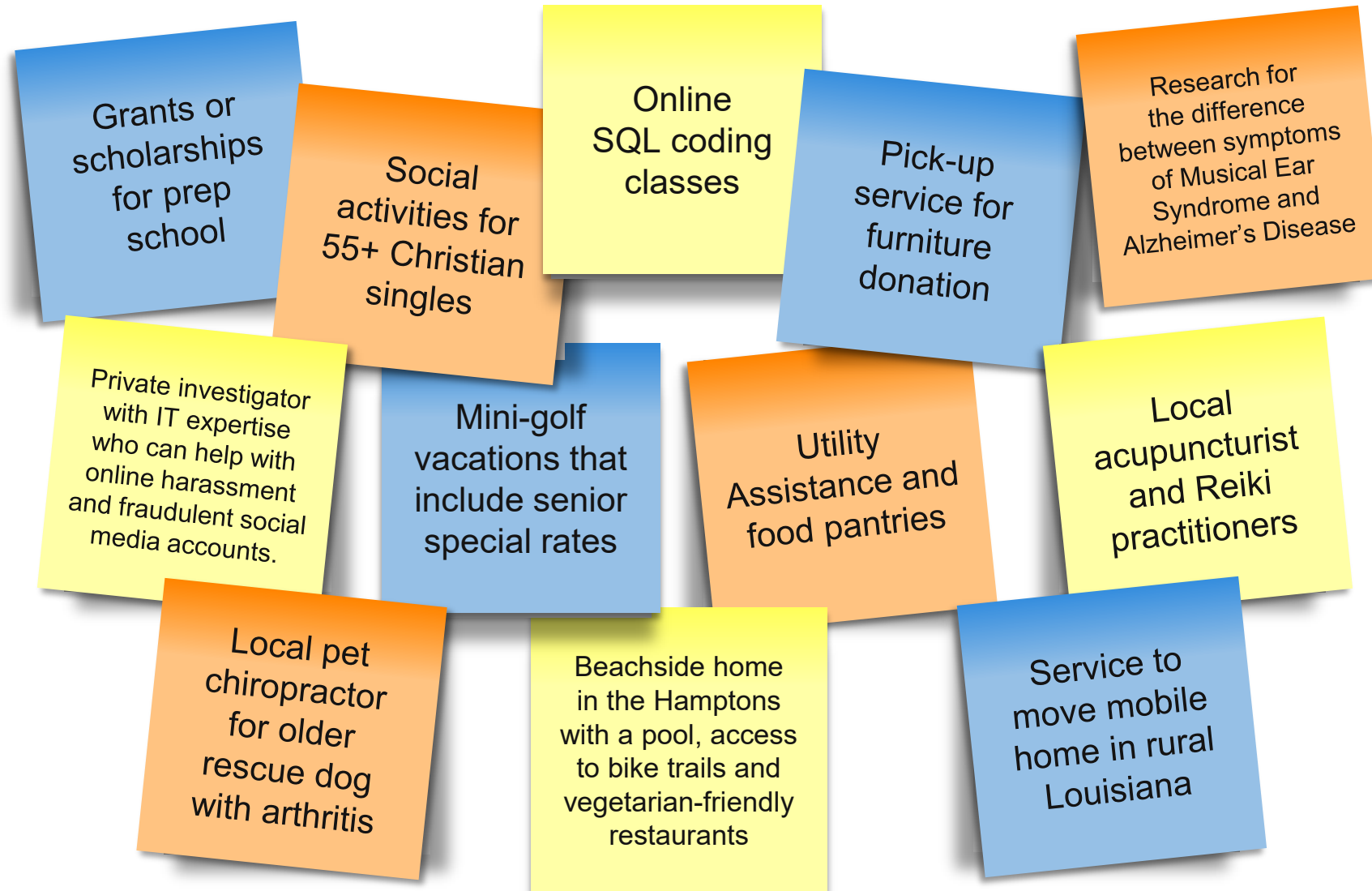
Information, referrals and resources for work-life needs

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

- Child and elder care
- Educational options
- Community information
- Event planning
- Home improvement
- Buying/selling a home, relocation
- Assistance with shopping and locating items



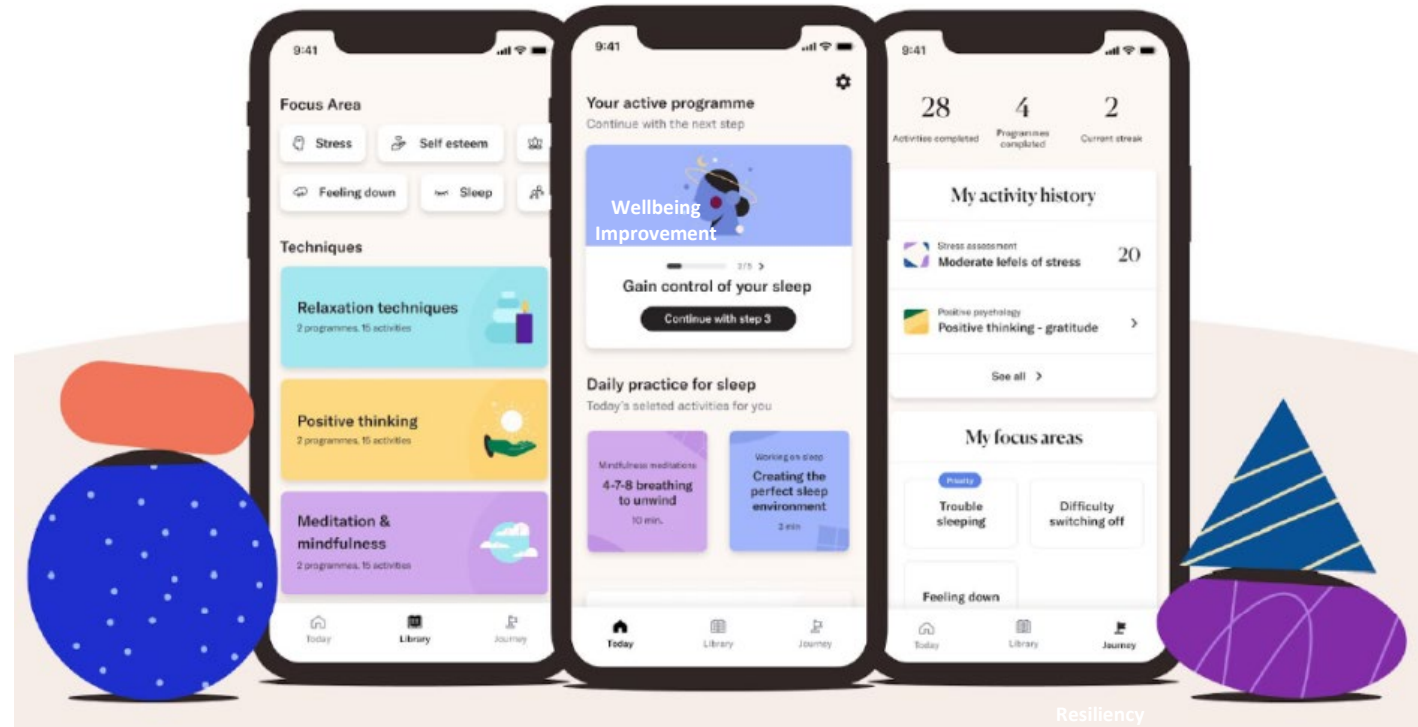
Work-Life Services in Action



Computerized Cognitive Behavioral Therapy (CCBT)

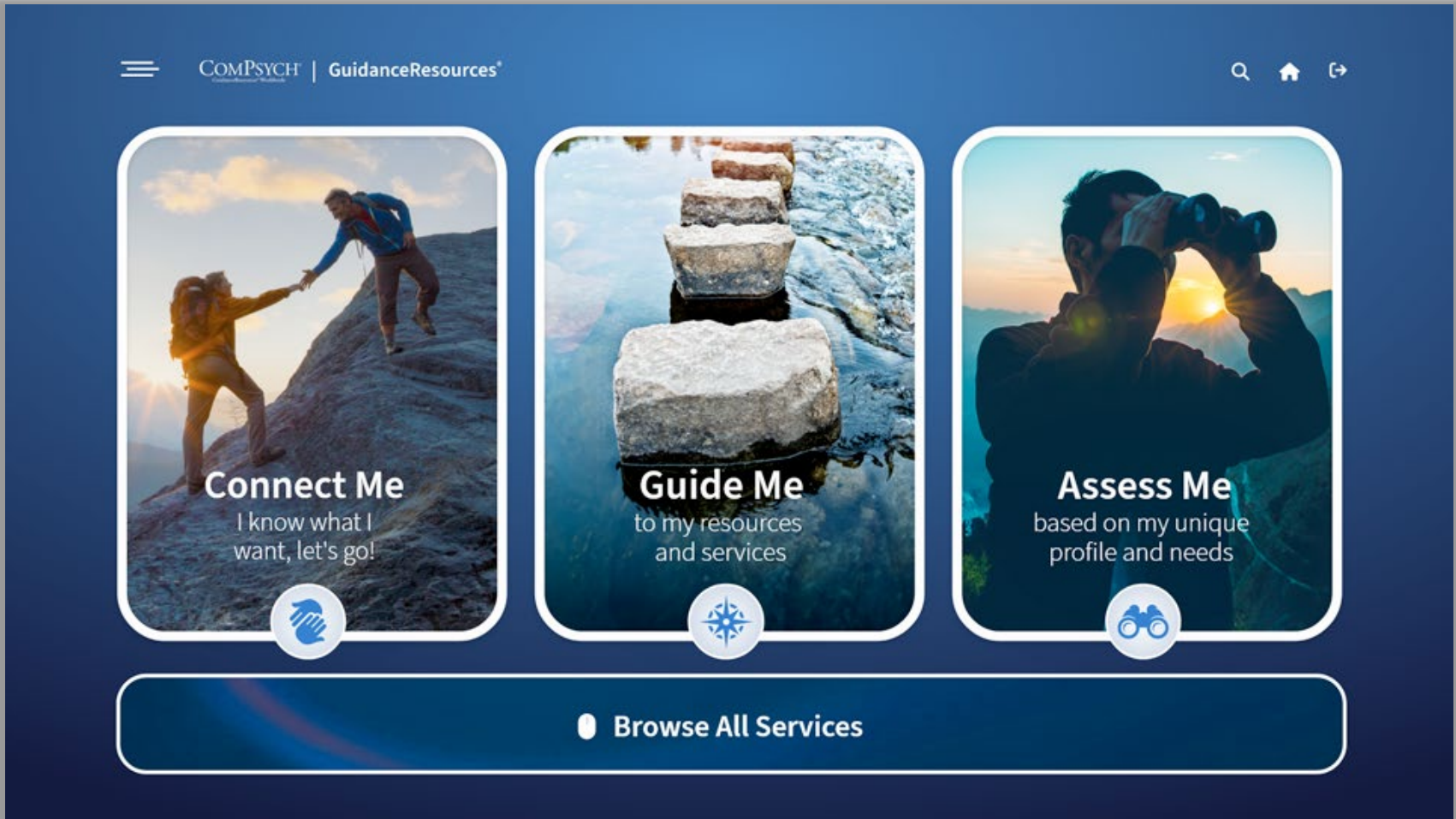
CCBT on GuidanceResources Online

- **Evidence-based self-help resources** for mental health and overall well-being (CBT, positive psychology, mindfulness, ACT, and DBT)
- **Engagement-focused activities** such as video, audio, journaling, games, etc.
- **Interactive, guided modules** in English, Spanish, French, Canadian French, German, Portuguese, Chinese, Japanese and Italian to address most common behavioral health issues:
 - Depression
 - Anxiety
 - Sleep
 - Mindfulness
 - Stress
 - Self-esteem
 - And more





Online Information, Tools and Services



24-hour access to localized resources in multiple languages



Digital intake and referral for counseling and work-life needs



Click to chat or send message to a master's-level clinician



On-demand training modules available anytime



Lookup local child/elder care, attorneys, financial experts



Discounts through partners for commonly used services

Go Online: GuidanceResources.com Company Web ID: PSEWTRUST



Registering on GuidanceResources.com

Welcome to
ComPsych GuidanceResources®

USA - English

Username HELP

Password

☐ Remember Me [Forgot Username?](#) | [Forgot Your Password?](#)

To access, alter, or erase personal data, go to [My Profile](#).

Login

Register

Download on the App Store

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Login

Welcome to **ComPsych GuidanceResources®** HELP USA - English

Organization Web ID

If you do not know your Organization Web ID, it can be found on your program wallet card, poster, flyer or brochure.

Login Register



Registering on GuidanceResources.com

[Login](#)

Registration: Profile

HELP

USA - English

To register for GuidanceResources Online, simply fill in the areas below.

Organization Web ID: NONEUG

* Required

* User Name

Create your own username: 6-16 characters, no spaces.

* First Name

* Password

Password Requirements

* Confirm Password

* Email Address

A personal email address is recommended.

* Confirm Email Address

☐ I am at least 13 years old.

☐ I have read and agreed to the [terms of use](#) for GuidanceResources Online.

☐ I agree to receive occasional emails from ComPsych® about my Personal Journey. You can unsubscribe at any time. For more information, please see our [Privacy Policy](#).

Previous

Submit

[Login](#)

Company, Organization, or location Identification

HELP

USA - English

Please identify your company so we can continue to provide you with the information and resources that are applicable to you.

The Organization Web ID you entered is associated with multiple companies. In order to properly process your registration, please follow the instructions below.

Please enter the first 5 characters of the name of your company or organization in this field and click the submit button.

- Spaces are allowed in the search. If your company name is The Company, you can enter The C to locate your company.
- Numbers are allowed in the search. If your company name is 4 Seasons, you can enter 4 Sea to locate your company.
- Periods are allowed in the search. If your company name is A.B.C. CORP, you can enter A.B.C to locate your company.
- Please remember that if you enter less than five characters, you will be required to enter the exact name of your company.
- If your company name is only XYZ, enter XYZ. If your company name is XYZ, Inc., enter XYZ,Space.

If you are unable to locate your organization please [contact](#) our member services department.

Company Name

(First five (5) characters)

Previous

E-mail Verification

A verification code will be sent to your email. Please enter it below.
The code will expire in 5 minutes.

Resend Code

Submit

Download on the App Store

GET IT ON Google Play

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Privacy and Terms of Use

Frequently Asked Questions

Do I need to enroll?

No. You are enrolled automatically as an active employee.

How much does it cost?

It is a free benefit.

Who can use the program?

All active employees and their household family members. Children over the age of 13 can request services themselves. For children under the age of 13, parent/guardian must call in to assist in arranging services on behalf of the child.

How do I access the program?

Call 855-571-7822 or visit guidanceresources.com

When is it available?

24/7, 365 days a year.

Are services confidential?

Yes, the EAP is strictly confidential. No information about your participation in the program is provided to your employer.

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

Call: **855-571-7822** TRS: Dial 711

Online: **guidanceresources.com**

Your company web ID: **PSEWTRUST**

