

GuidanceResources®

## Connect to Care

### Anytime Access to EAP Services

GuidanceResources® Online makes it easy to get the counseling, work-life or other support you need, whenever you need it, from your home, office or anywhere else you have computer access. All it takes is three easy steps.

- Just log on to [guidanceresources.com](https://guidanceresources.com) using your user name and your organization's Web ID.
- Find the "Connect to Care" menu at the top of the homepage to guide you to 24/7 live support.
- Chose how you want to connect. It's that simple.



**Talk with an Expert**  
Connect with a  
GuidanceConsultant<sup>SM</sup>  
24/7



**Find a Therapist with  
GuidanceConnect<sup>SM</sup>**  
Find a therapist  
and book your  
appointment through  
GuidanceConnect<sup>SM</sup>



**Work-Life  
Services**  
Find resources on  
child and elder care,  
legal, financial and  
work-life resources



**Send a Question**  
Send us an email



**Chat**  
Chat live with one of our  
GuidanceConsultants<sup>SM</sup>

### Easy Access

Whether you're looking for in-person, telephone, or video counseling, need assistance with a work-life issue, or are seeking other services provided by your Employee Assistance Program, you can find it here. Check it out today at [guidanceresources.com](https://guidanceresources.com).



COMPSYCH®  
GuidanceResources® Worldwide



**24/7 Live Assistance:**  
Call: 866.519.7415  
TRS: Dial 711



Online: [guidanceresources.com](https://guidanceresources.com)  
App: GuidanceNow<sup>SM</sup>  
Web ID: Mesa

