



Call ComPsych® GuidanceResources® anytime for confidential assistance.

Call: 800-630-4847

Go online: guidanceresources.com

TDD: 800.697.0353

Your company Web ID: UNCG

Personal issues, planning for life events or simply managing daily life can affect your work, health and family. ComPsych® GuidanceResources® provides support, resources and information for personal and work-life issues. GuidanceResources is company-sponsored, confidential and provided at no charge to you and your dependents. This flyer explains how GuidanceResources can help you and your family 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 GuidanceConsultantsSM—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
- › Relationship/marital conflicts
- › Problems with children
- › Job pressures
- › Grief and loss
- › 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
- › Credit card or loan problems
- › Tax questions
- › Retirement planning
- › Estate planning
- › Saving for college

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

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, HelpSheetsSM, tutorials, streaming videos and self-assessments
- › "Ask the Expert" personal responses to your questions
- › Child care, elder care, attorney and financial planner searches

Just call or click to access your services.



ON-DEMAND TRAINING

Finding 45 or 60 minutes to complete a training session may seem impossible with your many responsibilities, but these interactive training modules can help you get the most out of your limited free time:

- › Spend as much time as you'd like in the trainings, which last between 5-10 minutes
- › Control the navigation to concentrate on the issues that are most important to your life
- › Complete quizzes that are more about learning the material than your final score

CHAT

The Chat function provides a quick and discreet way for you and the family members who are covered under your GuidanceResources program to receive referral information and services. Chat is:

- › Conducted in real-time so you receive the help you need right now
- › Completely private
- › Currently available during normal business hours (8 a.m. - 6 p.m. Central Time) and in U.S. English
- › Not a replacement for 9-1-1 or the emergency room. Seek the proper emergency services, not Chat, if you're faced with a life-threatening or other dangerous situation.

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ON-DEMAND TRAINING



You're busy juggling work, family and other responsibilities, so it's understandable if you sometimes can't spare 45 or 60 minutes for a training session, no matter how informative or engaging it is. The new On-Demand training sessions from ComPsych® provide a solution for those feeling a time crunch. These interactive sessions:

- › Last between 5-10 minutes
- › Allow you to control the navigation so you can focus on the topics important to you
- › Let you spend as much time as you would like reviewing the training materials
- › Include fun, no-pressure quizzes that are all about learning, not the final score

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Access GuidanceResources® Everywhere You Go!

What you want. When you want it. Now in 27 countries.



One-touch access to speak with a provider about stress, relationship and other personal issues you and your family may face.

One-touch access to HelpSheets™ enables viewing of popular articles off-line. Topics include: managing stress, financial planning, child care, elder care and more. *(Topics of articles may vary from country to country.)*

One-touch access to Member Resources where you will find expert information on the issues that matter most to you... relationships, work, school, children, wellness, legal, financial, free time and more.

Simply download the **FREE GuidanceResources Now** app to gain access.

Register as a First-Time User on GuidanceResources

1. Go to **guidanceresources.com**
2. Click **I am a first-time user**
3. Enter Company/Organisation Web ID:
4. Enter a **Username** (must be 6 characters and no spaces ie, joesmith) and **Password**
5. Now **download the app**

Download the App

1. Launch Google Play or the App Store
2. Search **GuidanceResources** (no space, one word)
3. Select **Install**
4. Enter **Username** and **Password**
5. Now use the app to access **GuidanceResources Online**



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Too much going on?

If work, life and family obligations are overwhelming, contact your EAP for support, resources and information to help you cope. Services are completely confidential, and available 24 hours a day, 7 days a week at no cost to you.

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THE UNIVERSITY of NORTH CAROLINA
GREENSBORO
Inspire. Change.

REASONS TO CALL YOUR EAP

Whatever the reason, we can help.

- › Family matters
- › Stress
- › Relationships
- › Grief and loss
- › Substance abuse

Call anytime, 24/7, for expert guidance
and support that's free and confidential.

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