

# 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.

“

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 800-890-0106 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:** 800-890-0106  
**App:** GuidanceNow<sup>SM</sup>  
**Online:** [guidanceresources.com](https://guidanceresources.com)

**TRS:** Dial 711  
**Web ID:** TQL

→  
Scan for more resources

