



Call ComPsych® GuidanceResources® anytime for confidential assistance.

Call: **844.814.2415**

Go online: guidanceresources.com

TDD: 877.373.4763

Your company Web ID: **CAEAP**

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 Counselling

Someone to talk to.

This short-term counselling service helps you address stress, relationships and other personal and professional 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 counselling 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 Chartered Accountants and Certified Financial Planners on a wide range of financial issues, including:

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

Legal Support and Resources

Expert info when you need it.

Talk to our lawyers by phone. If you require representation, we'll refer you to a qualified lawyer 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 care
- › Moving and relocation
- › University/college assistance
- › Elder care
- › Adoption

Wellness

Take charge of your health.

HealthyGuidance® helps you make positive lifestyle changes. You and your spouse or domestic partner can get the tools and support you need to make smarter decisions about your health. This confidential program includes health coaching from certified health coaches by phone on:

- › Nutrition
- › Exercise
- › Weight loss
- › Smoking cessation

Call for an appointment with a health coach at:
844.814.2415

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 and more.

- › Timely articles and HelpSheetsSM
- › "Ask the Expert" personal responses to your questions
- › Connects you to counsellors, financial and legal experts

Just call or click to access your services.