



What is Here For You?

Here For You is provided by ComPsych® Corporation and offers counseling, legal and financial consultation and crisis intervention services to all our employees and their household family members.

Why provide Here For You?

Because we care about our employees and their dependents. **Here For You** can be used free of charge as needed when you or your dependents are facing emotional, financial, legal or other concerns.

Are the services confidential?

Yes, **Here For You** is strictly confidential. No information about your participation in the program is provided to your employer.

Why might my family or I use the services?

There are many reasons to use these services. You may wish to contact **Here For You** if you:

- Are feeling overwhelmed by the demands of balancing work and family
- Are experiencing stress, anxiety or depression
- Are dealing with grief and loss
- Need assistance with child or elder care concerns
- Have legal or financial questions
- Have concerns about substance abuse for yourself or a dependent

What happens when I call?

When you call, you will speak with a GuidanceConsultantSM, a master's- or PhD-level counselor who will collect some general information about you and will talk with you about your needs. The GuidanceConsultantSM will provide the name of a counselor who can assist you. You can then set up an appointment to speak with the counselor over the phone or schedule a face-to-face visit.

What counseling services does Here For You provide?

Here For You provides free short-term counseling with counselors in your area who can help you with your emotional concerns.

If the counselor determines that your issues can be resolved with short-term counseling, you will receive counseling through **Here For You**. However, if it is determined that the problem cannot be resolved in short-term counseling through **Here For You** and you will need longer-term treatment, you will be referred to a specialist early on and your insurance coverage will be activated.

Can my children use Here For You?

Yes, **Here For You** is a confidential benefit for employees and their household family members.

Here when you need us.



Call:

Australia	1.800.377.275	Italy	800.788.706	South Korea	080.822.1376
Brazil	0.800.591.7023	Japan	0120.974.243	Spain	900.868553
Canada	1.866.641.3847 (TTY: 877.373.4763)	Mexico	800.681.9591 (landline) +52.3341708343 (mobile)	Sweden	guidanceresources.com 020.889.844 (ComPsych UK)
China	4001.200746	Netherlands	0.800.020.0726	Switzerland	0800.562.534
France	0805.081906	Philippines	1800.1.116.0927 (landline) +63.283953309 (mobile)	Taiwan	00801.12.6953
Germany	0800.3007347	Singapore	800.852.3937 (landline) (+65) 3158.6529 (mobile)	UAE	800.0320510
Hong Kong	800.905.386	South Africa	080.0991590	UK	0800.917.5320
Hungary	(80) 088295			USA	800.272.7255 (TTY: 800.697.0353)
India	000800.100.4444 (landline) +91.9818711035 (mobile)				

Online: [guidanceresources.com](https://www.guidanceresources.com)

App: GuidanceNowSM / myStrength[®]

Web/App ID: MSCI