



### Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



### Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



### Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



### Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions



### Interactive Digital Tools

Our digital self-care platform, myStrength®, offers interactive behavioral health tools and resources. Log on for:

- Guided programs on anxiety, chronic pain and opioids, depression, mindfulness, sleep, stress, substance use and more
- Personalized resources on physical health conditions including smoking, diabetes, coronary disease
- Secure access through GuidanceResources® Online

# Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.

Your **Here For You** program offers someone to talk to and resources to consult whenever and wherever you need them.

### Call: See phone list below

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant<sup>SM</sup>, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceNow<sup>SM</sup> / myStrength<sup>®</sup>

Web/App ID: MSCI

Log on today to connect directly with a GuidanceConsultant<sup>SM</sup> about your issue or to consult articles, podcasts, videos and other helpful tools.

# 24/7 Support, Resources & Information



### Phone Numbers

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

### Contact Your Here For You Program

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