



Call your ComPsych® GuidanceResources® Member Assistance Program (MAP) anytime for confidential assistance.

Call: **888.327.4315**

Go online: guidanceresources.com

TDD: 800.697.0353

Your company Web ID: **MOEFUNDS**

Personal issues, planning for life events or simply managing daily life can affect your work, health and family. Your ComPsych® GuidanceResources® program provides support, resources and information for personal and work-life issues. Your GuidanceResources program is organization-sponsored, confidential and provided at no charge to you and your dependents. This flyer explains how your GuidanceResources program 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
- › 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

Mental Health and Substance Abuse

Maximize your benefits.

Get the highest level of coverage from your health plan by calling the MAP for referrals. Once contacted, a GuidanceConsultant will listen to your concerns, check benefit eligibility, explain program benefits and offer over-the-phone counselling or provide a referral to

a local counselor for more serious issues. Services beyond MAP are reimbursed through the benefit plan. Call about:

- › Drug/alcohol abuse
- › Anxiety
- › Eating disorders
- › Depression

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.



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