

“I am so thankful for this service! I never thought I’d be able to untangle all of my issues, but GuidanceResources® had an answer for everything.”



PO Box 8379
Promotions Department
Chicago, IL 60680-8379

Take advantage of these free tools
and resources for you and your family.

Your ComPsych® GuidanceResources® Program

Contact us *anytime* for
confidential and **personalized** care.

24/7 Support, Resources & Information



Life is challenging. We can *help*.

We're your GuidanceResources® program.

Talk to us for the tools you need to handle any of life's challenges, big or small. **The program and its benefits are provided at no cost to you and each of your household members.**

Our Services:



Confidential Counseling

- 8 free counseling sessions per issue, per calendar year
- Anxiety, depression, stress
- Grief, loss, life adjustments
- Relationship/marital conflicts



Work and Lifestyle Support

- Child, elder, and pet care
- Moving and relocation
- Shelters, government assistance



Legal Guidance

- Divorce, adoption, family law
- Wills, trusts, estate planning
- Free consultation and discounted local representation



Financial Resources

- Financial planning, retirement, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy
- WellthSourceSM financial wellness, planning and will prep tool



Digital Tools and Support

- Immediate connection to counseling, work-life support, and more
- Personalized guided behavioral health and well-being programs
- Interactive articles, videos, on-demand trainings, digital self-care tools
- Accessible resources for anxiety, stress, mindfulness, sleep, and more



Well-Being Support

- One-on-one Well-Being Coaching for positive lifestyle changes
- Improve mindfulness, nutrition, sleep, exercise habits
- Support for smoking cessation, weight management, and more



Explore your program:
Scan for video tour!



**Confidential
24/7 support,
when and where
you need it.**

Call 855.459.6512 and **mention that you are a REEP member district participant** to speak to a highly trained, caring professional.

Go to guidanceresources.com and enter your company ID: REEPEAP

Assistance is always confidential. View our privacy notice at guidanceresources.com/privacy

24/7

Live
Assistance

Call: 855.459.6512 (mention that you are a REEP member district participant)

TRS: Dial 711

App: GuidanceNowSM

Web ID: REEPEAP

Online: guidanceresources.com



Scan for more
resources

