

# Contact Us...Anytime, Anywhere

No-cost, confidential solutions to life's challenges, no matter what the season.

## Confidential Emotional Support



Our highly trained clinicians will listen to your concerns and help you or your family members cope while experiencing:

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

## Work-Life Solutions



Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Locating summer camps and activities
- Spring break planning

## 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

WE CAN HELP!

CONFIDENTIAL  
EMPLOYEE  
ASSISTANCE  
PROGRAM

Your ComPsych®

GuidanceResources® program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 844.UCI.EAP3 (824.3273)

TDD: 800.697.0353

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

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

App: GuidanceResources® Now

Web ID: UCIEAP3

First-time users, Click "Register" and enter Organization Web ID: UCIEAP3

Log on today to connect directly with a GuidanceConsultant or to consult articles, podcasts, videos and other helpful tools.

Are you struggling with work-related or personal issues but don't know where to turn?

The Employee Assistance Program (EAP) is a free, confidential benefit available 24 hours a day, seven days a week.

UCI | UCI Health

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