ComPsych | GuidanceResources®

Principal®

# 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.



## Our Services:

### Confidential Counseling

- 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

### 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 844.869.2365 to speak to a highly trained, caring professional.

**Go to guidanceresources.com** and enter your company ID: PrincipalCore

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

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24/7 Live Assistance

**Call:** 844.869.2365
**App:** GuidanceNow℠
**Online:** guidanceresources.com

**TRS:** Dial 711
**Web ID:** PrincipalCore

Scan for more resources

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