



GuidanceResources®

A Growing Family

Having a newborn is an exciting time for parents. It's also a challenging time, especially when it comes to returning to the workforce. Your ComPsych® GuidanceResources® Employee Assistance Program can help with these transitions.

Our experienced clinicians, financial specialists and staff attorneys offer confidential counseling, planning tools and other resources to address any issues you may have. These services are provided at no cost to you and your household members and are available 24 hours a day, seven days a week, online or by calling a toll-free number.

Call anytime for concerns such as:

- Diet and pregnancy
- Childproofing your home
- Coping with postpartum depression
- Returning to work after leave
- Adjusting to parenthood

COMPSYCH®
GuidanceResources® Worldwide

 Guardian®



24/7 Live Assistance:
Call: (855) 239.0743
TRS: Dial 711



Online: [guidanceresources.com](https://www.guidanceresources.com)
App: GuidanceNowSM
Web ID: Guardian

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