

Your GuidanceResources® Program

Contact us anytime for confidential assistance.



Dear Member:

We are pleased to announce that ComPsych® is your new provider of GuidanceResources services as of **January 1, 2020**. Your GuidanceResources benefits will give you and your dependents confidential counseling, resources and information for personal and work-life issues. These services are provided at no charge to you. Your GuidanceResources services include:

Member Assistance Program (MAP) for Confidential Counseling

Substance Abuse – Should you or your loved ones have problems with the abuse of alcohol or drugs such as opioids, MAP counselors can help you secure treatment.

Other Matters – Life can be stressful. Your MAP is designed to provide short-term counseling services for you and your dependents to help you handle concerns constructively, before they become major issues. Counselors can discuss marital, relationship and family problems, stress, anxiety and depression, grief and loss, job pressures and many other personal issues.

Legal, Financial and Work-Life Support

With GuidanceResources, you have an attorney “on call” whenever you have questions about legal matters. You also can get answers to your questions about budgeting, debt management, tax issues and other money concerns from on-staff CPAs, Certified Financial Planners® and other financial experts. In addition, our work-life specialists can provide qualified referrals and customized resources for child and elder care, moving, college planning, home repair, buying a car, planning an event, selling a house and more.

GuidanceResources® Online

Go online to access timely, expert information on thousands of topics, including relationships, work, school, children and wellness, as well as questions surrounding substance abuse, including opioid and other drug addictions. You can search for qualified child and elder care, attorneys and financial planners as well as ask questions, take self-assessments and more.

GuidanceResources is available to you 24 hours a day, 7 days a week.

There are two ways to access your GuidanceResources benefits:

- Call **866.379.0895**. You’ll speak to a counseling professional who will listen to your concerns and can guide you to the appropriate services you require.
- Visit GuidanceResources Online at www.guidanceresources.com, click “Register” and enter your Organization Web ID: **NASI**

Remember, your GuidanceResources benefits are strictly confidential. To view the ComPsych HIPAA privacy notice, please go to www.guidanceresources.com/privacy.

I hope you will take some time to explore all the benefits that GuidanceResources can offer to you.