



We're committed to your success.

Having school, personal or family struggles?

Your ComPsych® GuidanceResources® Student Assistance Program is here to help.

Personal problems, planning for life events or simply managing daily life can affect your educational goals, health and relationships with your family. Your ComPsych® GuidanceResources® Student Assistance Program is a no-cost benefit that is available to you and your household family members to provide confidential support, resources and information to get through life's challenges.

Confidential Counseling on Personal Issues

Your program is a confidential counseling service to help address the personal issues you are facing. This service, staffed by experienced clinicians, is available by calling a toll-free phone line 24 hours a day, seven days a week. A GuidanceConsultantSM will listen to your needs and, if appropriate, refer you to resources in your community.

Call any time with personal concerns, including:

- Work, school and life balance
- Relationships
- Major life changes
- Problems with your children
- Substance abuse
- Grief and loss
- Stress, anxiety or depression

Here when you need us.

Call: 8866.517.1247

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: MarineScholar

