

Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.

Confidential Emotional Support



Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

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

Work-Life Solutions



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

- Spring break/travel planning
- Apartment hunting, moving truck hires
- Bike repair shops, pet services and more

Legal Guidance



Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Traffic tickets, landlord conflicts 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:

- Taxes, student loans
- Insurance, credit card debt
- Budgeting, 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

COMPSYCH®
GuidanceResources® Worldwide

Your ComPsych® GuidanceResources® Student Assistance Program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 844.416.1158

TTY: 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

App: GuidanceNow™

Web ID: PalmerStudent

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

24/7 Support, Resources & Information



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