



GuidanceResources®

You're Not Alone

When the demands of the job threaten to overwhelm you, your GuidanceResources® Program for First Responders can help with counseling, resources and tools especially designed to help you tackle the unique challenges you face at work and at home.

Contact us anytime, 24 hours a day, seven days a week, over the phone or online to connect with a local counselor from our network of dedicated professionals trained specifically to help you as a First Responder. The help is immediate, confidential and available to you and each of your household members at no cost. Talk to us for:

- Stress management
- Family or relationship issues
- Depression and anxiety
- Trauma or PTSD symptoms
- Alcohol or substance abuse
- Initial and annual mental health screenings as required under [Public Act 1010-652](#)

Additional Services

Keep in mind, your First Responders program offers additional tools and resources to keep you at your best, on the job and off. Call your toll-free number or log on to GuidanceResources® Online using your Web ID: _____ to take advantage of:

- Work-Life Support Services
- Legal and Financial Guidance
- Digital Self-Help Tools
- One-on-One Health Coaching, and more



COMPSYCH®
GuidanceResources® Worldwide



24/7 Live Assistance:
Call: 833.806.8722
TRS: Dial 711



Online: [guidanceresources.com](https://www.guidanceresources.com)
App: GuidanceNowSM & Koa Foundations
Web ID: _____

