

Contact Us... Anytime, Anywhere

Free, confidential solutions to life's challenges.



Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you, your dependents, and members of your household with any issues, including:

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

Your benefits include up to 12 free and confidential sessions per issue per year, with evening and weekend appointments available.

We'll Meet You Where You Are

In addition to traditional face-to-face counseling, you can take advantage of a variety of telehealth services, including:

- **Telephone Counseling:** If in-person counseling is not possible or not appealing to you, counseling services can be provided over the phone. Get all the benefits of speaking with a highly qualified clinician without the hassle of an office appointment.
- **Video Counseling:** Scheduled as easily as face-to-face sessions, video counseling appeals to those who desire an alternative to in-person counseling. All that's required is a webcam and software, which can be downloaded for free, to use this option.
- **Chat Counseling:** Real-time, scheduled chat counseling sessions are provided by licensed counselors and available through a secure portal. Have a quick question or want to share your progress? Participants can always text their counselors directly on a 24/7 basis.



COMPSYCH[®]
GuidanceResources[®] Worldwide

Your ComPsych[®] GuidanceResources[®] program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 877.327.2362

TTY: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultantSM, who will answer your questions and, if needed, refer you to a counselor or other resources.

24/7 Support, Resources & Information



THE UNIVERSITY OF ARIZONA
**Life & Work
Connections**

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