NGCare **SOLUTIONS** FOR LIFE

24/7 Support, Resources & Information

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

Call: 800.982.8161 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: NGCare

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



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

Confidential Emotional Support

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

Work-Life Solutions

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

- · Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care

• Relationship/marital conflicts

• Urgent resources for challenging life events



Legal Guidance

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

• Divorce, adoption, family law, wills, trusts 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:

- Retirement planning, taxes
- Relocation, mortgages, insurance

GuidanceResources® Online is your 24/7 link to vital information, tools and

more

- Articles, podcasts, videos, slideshows "Ask the Expert" personal responses
 - to your questions

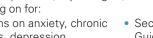
Budgeting, debt, bankruptcy and

Interactive Digital Tools

Our digital self-care platform, myStrength®, offers interactive behavioral health tools and resources. Log on for:

- Guided programs on anxiety, chronic pain and opioids, depression, mindfulness, sleep, stress, substance use and more
- Tools and resources for parenting, caretaking, gratitude, resilience and goal-setting
- Secure access through GuidanceResources® Online







• On-demand trainings

Online Support support. Log on for:

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