

24/7 Support, Resources & Information

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

Call: Refer to the phone list on the reverse side.

Your programme phone number gives you direct, 24/7 access to a GuidanceConsultantSM, who is a trained clinician who can support you and offer referrals for ongoing assistance with a local expert.

Employees can access [GuidanceResources® directly](#) or from the company website [Global NGC Company Home Page](#)

Family members can log on from a computer or mobile device online at [guidanceresources.com](#) or scan the QR code at the bottom of the page (requires creating a username/password and using the Web ID: **NGCare**)

App: GuidanceNowSM

Log on today to connect directly with a GuidanceConsultantSM about your issue or to consult articles, podcasts, videos and other helpful tools. (requires creating a username/password and using the Web ID: **NGCare**)



Confidential Emotional Support

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

- Anxiety, depression, stress
- Grief, loss, life adjustments
- Relationship/partner conflicts



Legal Guidance

Talk to a local legal expert for practical assistance with your most pressing issues. Our experts offer a free half-hour consultation per issue per year on almost any legal topic, including:

- Divorce, adoption, family law
- Wills and trusts
- Landlord or tenant issues, and more



Financial Information

Our financial experts can assist with a wide range of issues. They offer a free half-hour consultation per issue per year for:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



Online Support

GuidanceResources® Online is your 24/7 link to articles and educational content on the subjects that matter most to you:

- Relationships, family, parenting
- Health, wellness, well-being
- Legal, financial, free time and more



[guidanceresources.com](#)

To register online:

1. Visit the GuidanceResources® Online global website at www.guidanceresources.com.
2. Click on the 'Register' tab (create a username/password and using the Web ID: **NGCare**)
3. Navigate to the locale flag in the upper right hand side for your preferred language.
 - If your preferred language is unavailable, follow the link to visit the global ComPsych® webpage.

PHONE NUMBERS:

Afghanistan	1.312.595.0074
Algeria	(21398) 240.2353
Australia	1.800.377.275 / 1300.956.253
Bahrain	8000.6882
Belgium	0800.261.74
Canada	800.982.8161
Chad	+44.2033183154
China	4001.200746
Colombia	01800.913.7493 / +57.13819249
Denmark	1.312.595.0074
Djibuti	(2787) 550.2184
Egypt	0800.000.0637 / 08000.009.324
Falkland Islands	1.312.595.0074
France	0805.081906
Germany	0800 3007347
Greece	800.8481276
Guam	www.guidanceresources.com
Guatemala	+502.23766595
Holland	0.800.020.0726
Hong Kong	800.905.386
India	000800.100.4444 / +91.9818711035
Iraq	1.312.595.0074
Italy	800.788.706
Japan	0120.974.243
Jordan	1.312.595.0074
Korea	080.822.1376
Kuwait	1.312.595.0074
Lebanon	1.312.595.0074
Lithuania	+370.52140242
Netherlands	0.800.020.0726
New Zealand	0800.451978
Norway	80062608
Poland	0.08001113839 / +48.223071506
Qatar	00800.100.071
Saudi Arabia	800.844.8872
Singapore	800.852.3937 / (+65) 3158.6529
Switzerland	800 562 534
Taiwan	00801.12.6953
Turkey	0850 30 73 373
United Arab Emirates	800.0320510
United Kingdom	0800.917.5320
United States	800.982.8161

*If your country is not listed or you have a problem with the phone number, you may reverse charge call to the U.S. at 1.312.595.0074