

Your CityStrong GuidanceResources® Program

Contact us anytime for confidential assistance.



Dear Employee:

We are pleased to announce that CityStrong GuidanceResources® is your new provider of services as of **01/01/2022**. Your CityStrong GuidanceResources® benefits will give you and your dependents confidential support, resources and information for personal and work-life issues. These services are provided at no charge to you. These services include:

Confidential Counseling

Life can be stressful. CityStrong GuidanceResources® is designed to provide short-term counseling services for you and your dependents to help you handle concerns constructively, before they become major issues. Call anytime about concerns such as marital, relationship and family problems; stress, anxiety and depression; grief and loss, job pressures and substance abuse.

Work-Life Solutions

Too much to do, and too little time to get it all done? The work-life specialists at CityStrong GuidanceResources® can do the research for you and provide qualified referrals and customized resources for child and elder care, moving, pet care, college planning, home repair, buying a car, planning an event, selling a house and more.

Legal Support

With your CityStrong GuidanceResources® program, you have an attorney “on call” whenever you have questions about legal matters. Speak with on-staff licensed attorneys about legal concerns such as divorce, custody, adoption, real estate, debt and bankruptcy, landlord/tenant issues, civil and criminal actions and more. If you require representation, you can be referred to a qualified attorney for a free 30-minute consultation and a 25 percent reduction in customary legal fees.

Financial Information

Everyone has financial questions. With your CityStrong GuidanceResources® benefit, you can get answers about budgeting, debt management, tax issues and other money concerns from on-staff CPAs, Certified Financial Planners® and other financial experts, simply by calling your toll-free number.

GuidanceResources® Online

Go online to access timely, expert information on thousands of topics, including relationships, work, school, children, wellness, legal, financial and free time. You can search for qualified child and elder care, attorneys and financial planners, as well as ask questions, take self-assessments and more.

Interactive Digital Tools

Your GuidanceResources® benefit partners with myStrength® to offer interactive behavioral health tools and resources to help you tackle common issues such as stress, depression, anxiety and insomnia, anywhere—anytime.

This user-friendly digital program is quick, easy and effective. Based on clinical models like cognitive behavioral therapy, positive psychology and motivational interviewing, the myStrength® platform has helped thousands of people to improve and sustain their health and well-being.

CityStrong GuidanceResources® is available to you 24 hours a day, 7 days a week.

There are two ways to access your CityStrong GuidanceResources® benefits:

- Call **855.888.9891**. You'll speak to a counseling professional who can listen to your concerns and guide you to the appropriate services you require.
- Visit GuidanceResources® Online at www.guidanceresources.com and enter your company ID: **CityStrong**

Remember, your CityStrong GuidanceResources® benefits are strictly confidential. To view the ComPsych HIPAA privacy notice, please go to www.guidanceresources.com/privacy.

I hope you will take some time to explore all the benefits that CityStrong GuidanceResources® has to offer.



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