

GuidanceResources®

Your Life. Your Work. Your Best.®

Your GuidanceResources® Program

Sometimes life can be overwhelming.
However, it doesn't have to be. Your
ComPsych® GuidanceResources® program
provides confidential counselling, expert
guidance and valuable resources to help you
handle any of life's challenges, big or small.

Life is challenging.
We can help.
24/7 confidential support.



OTTAWA-CARLETON
DISTRICT SCHOOL BOARD

COMPSYCH®
GuidanceResources® Worldwide

Services:

Confidential Emotional Support

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

Work and Lifestyle Support

- Child, elder and pet care
- Moving and relocation
- Shelter and government assistance

Legal Guidance

- Divorce, adoption and family law
- Wills, trusts and estate planning
- Free consultation and discounted local representation

Financial Resources

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

Digital Support

- Connect to counselling, work-life support or other services
- Access articles, self-assessments and slideshows
- Improve your skills with On-Demand trainings



24/7 Live Assistance:
Call: 866.586.1507
TRS: Dial 711



Online: guidanceresources.com
App: GuidanceNowSM
Web ID: OCDSB

