

Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.

Confidential Emotional Support



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

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

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

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
- Budgeting, debt, bankruptcy and more

Online Support



GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

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

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

Call: 844.206.1127

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.

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: SCSDEAP

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

24/7 Support, Resources & Information



Contact Your GuidanceResources® Program

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Dear Employee,

Our GuidanceResources program is a network of services that can help you improve your health, achieve more at work and home as well as and handle any personal or professional challenges you face. It is provided free of charge and offers someone to talk to or resources to consult whenever and wherever you need them. These services are strictly confidential and are available to you and your immediate family members 24 hours a day, seven days a week, by phone or online.

Effective January 1st, we encourage you to take advantage of this valuable resource, which offers:

- Work-Life solutions
- Financial Resources
- Legal guidance
- Confidential emotional support
- Online resources

We hope you will take some time to explore all the benefits accessible through your GuidanceResources Program.

I thank you for your efforts on behalf of the students of the Syracuse City School District. We know that employees who are cared for, valued and respected will, in turn, care for, value and respect our students and their families. Please consider using GuidanceResources from Human Resources for no-cost, confidential solutions to life's challenges.

May you and your family have a wonderful holiday season.

Sincerely,

Lisa A. Wade

Chief Human Resources Officer

