



Disability Resource Services™

Help When It's Needed Most

When personal problems arise, many choose to cope alone, resulting in negative consequences at home and the workplace. This is why we have teamed with ComPsych® Corporation to offer employees covered by a long-term disability program and their immediate family an easy and convenient way to find the help they need. Whether it's an emotional, legal or financial issue, Disability Resource Services provides the resources for support and solutions.

For Long-Term Disability Insured Employees

Face-to-Face Sessions

Disability Resource Services provides three face-to-face sessions per issue in a geographically accessible location to address behavioral issues.

Unlimited Telephonic Support

Disability Resource Services also provides unlimited telephonic support (24 hours a day, 7 days a week) to help address behavioral issues. Master's degree level clinicians use a conversational approach to identify issues, assess needs and refer participants to specialists to help resolve their issues.

Web-Based Services

GuidanceResources® Online (guidanceresources.com) is a secure, password-protected interactive website that contains self-assessments, search tools, extensive content on personal health and powerful tools to help with personal, relational, legal, health and financial concerns. This service is free of charge to employees who are insured with us for long-term disability insurance and their immediate family.

Assistance through GuidanceResources® Online is available 24 hours a day, 7 days a week and covers many topics and personal concerns, such as:

- Alcohol and drug abuse
- Depression
- Divorce and family law
- Estate planning
- Getting out of debt
- Grief and loss
- Job pressures
- Managing debt obligations
- Marital and family conflicts
- Retirement planning
- Saving for college
- Stress and anxiety
- Tax questions
- Real estate buying and selling



Helping Improve Productivity for Long-Term Disability Insured Employees and Their Immediate Family

- Face-to-face sessions
- Unlimited telephonic support
- Web-based services available through guidanceresources.com

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