



Your Faculty & Staff Assistance Program

Contact us anytime for confidential assistance.

COMPSYCH
GuidanceResources Worldwide

Take advantage of these free tools and resources for you and your family.



GuidanceResources
PO Box 8379
Promotions Department
Chicago, IL 60680-8379

"I had no idea how much the Faculty & Staff Assistance Program has to offer. I'm so glad I called. They really helped me when I needed it most."



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

COMPSYCH®
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Your Faculty & Staff Assistance Program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 866.615.3047

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: UCRFSAP

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

24/7 Support, Resources & Information

UC RIVERSIDE
Human Resources

Contact Your Faculty Staff
Assistance Program

Call: 866.615.3047

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: UCRFSAP