



SE NECESITA FUERZA PARA PEDIR AYUDA



Para recursos de salud mental, por favor visite:
swcarpenters.org/es/salud-mental/

**Línea de Crisis – envía texto gratis al 741741,
apoyo disponible 24 horas al día, 7 días a la semana**



IT TAKES STRENGTH TO ASK FOR HELP



For mental health resources, please visit:
swcarpenters.org/mental-health

Crisis Text Line – text 741741 for free, 24/7 support





Contact Us... Anytime, Anywhere

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

Your ComPsych® Carpenters Assistance Program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 833.792.2271 (833.SWCCAP1)
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: SWCCAP

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

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Confidential 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
- Drug and alcohol abuse

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, rental assistance 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 for just about everything that is legal. Log on for:

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

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