

Dear Student,

Your Baylor Student Assistance Program from ComPsych® GuidanceResources® is a network of services that can help you improve your health, achieve more at school, work and home 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.

We encourage you to take advantage of this valuable resource, which offers:

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

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

### Contact Your GuidanceResources® Program

Call: 866.606.6352

TDD: 800.697.0353

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceResources® Now

Web ID: Baylor

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