

Strive Employee Life & Family (SELF) Program

Contact Us... Anytime, Anywhere

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



Local, Private, In-Person Counseling

GuidanceConsultantsSM will listen to your concerns and help you or your household members with any issues, including:

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

If needed, they will refer you to a counselor or other resource.



Everyday Support

Through FamilySource[®] 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 and vacations



Legal Guidance

Through LegalConnect[®], you can talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Identity Theft and Fraud Resolution
- Divorce, adoption, family law, wills, trusts and more

Need representation? You can get a 60-minute consultation and a 25% discount for additional time.



Money Matters

FinancialConnect[®] provides financial experts to assist with a wide range of issues. You can talk to them about:

- Retirement planning, taxes
- Saving for college
- Budgeting, debt, bankruptcy and more



Online Library of Helpful Tools

GuidanceResources[®] Online is your 24/7 link to vital information, tools and support for topics such as:

- Health and wellness
- Consumer and family
- Career and education
- "Ask the Expert" personal responses to your questions

MCHCP's SELF program has partnered with ComPsych[®] to provide someone to talk to and resources to consult whenever and wherever you need them.

Call: 800.808.2261

TTY: 800.697.0353

Online: guidanceresources.com

Organization: MCHCP

The single source for confidential support, expert information and valuable resources when you need it the most for you and your household members.

24/7 Support, Resources & Information

MCHCP
my health. my choice. myMCHCP



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SELF Program Through ComPsych[®]

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