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 most for you and your household members.

24/7 Support, Resources & Information

Local, Private, In-Person Counseling
GuidanceConsultants™ 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