

# Work/Life Solutions by GuidanceResources

The Texas A&M University System is proud to offer Work/Life Solutions to eligible employees. These programs usually offer in-person and telephonic counseling services, training, and have resources to help employees deal with all kinds of stressful issues from parenting to death of a loved one to conflicts at work. Contact ComPsych GuidanceResources with the information below.

Website: <http://www.guidanceresources.com>

WEBID: TAMUS

## **Phone Numbers:**

Active Employees – 1-866-301-9623

Retirees – 1-833-306-0105

Qatar – 00800.100.071