

## Did you know?

# Your GuidanceResources® Employee Assistance Program Can Help

Your **GuidanceResources® Employee Assistance Program** is an integrated mental health and wellness tool to help you and your household members tackle any issues you may face, whether at work or at home. From personal counseling, to legal and financial guidance, to online support and tools, the solutions you seek are here:

## Confidential Counseling

Your EAP offers a confidential counseling service with the option to meet in-person, via video link or over the phone. Schedule an appointment online or by calling a toll-free phone line available 24 hours a day, seven days a week. Call any time with personal concerns, including:

- Depression, stress or anxiety
- Problems with your children
- Substance abuse
- Job pressures
- Marital conflicts
- Grief and loss

## Referrals and Resources for Work-Life, Legal and Financial Needs

Whether you are a new parent, a caregiver for an elder, sending a child off to college, buying a car or doing home repairs, you're bound to have questions or need referrals. Our Work-Life Specialists will help you sort out the issues and provide you with information based on your specific criteria.

Work-Life Specialists can help you find all the vendors you need for your wedding, birthday party or work event, help you locate a plumber, florist or pet-sitting service, or even suggest ideal vacation spots. Even out-of-the-ordinary requests are welcome, such as finding in-ground storm shelters, Hungarian translation services or pediatricians who use sign language.

With legal and financial support, you can get answers to your most pressing questions regarding:

- Budgeting
- Credit card debt
- Divorce and custody
- Income taxes
- Retirement planning
- Real estate and more
- Contracts

## Online Tools

**GuidanceResources® Online** and the app, **GuidanceNow<sup>SM</sup>**, are your one-stop interactive portals with unlimited access to trainings, tutorials, resources and tools.

Call or log on today for help.



24/7 Live Assistance:  
Call: 877.327.4452  
TRS: Dial 711



Online: [guidanceresources.com](https://www.guidanceresources.com)  
App: GuidanceNow<sup>SM</sup>  
Web ID: EAPCEB

