



# Emotional Support

## Your GuidanceResources Program Can Help

Personal setbacks, emotional conflicts or just the demands of daily life can affect your work, health and family. With help from your GuidanceResources program, they don't have to. This company-sponsored benefit is available to you and your family members at no cost and gives you someone to talk to when life's challenges threaten to overwhelm you. The program is staffed by experienced, caring clinicians who are available by phone or online 24 hours a day, seven days a week.

### Call any time with personal concerns, including:

- Stress, anxiety and depression
- Marital and family conflicts
- Alcohol or drug use
- Job pressures
- Dealing with change
- Grief and loss

## Here when you need us.

Call: 800.272.7255

TTY: 800.697.0353

Online: [guidanceresources.com](https://www.guidanceresources.com)

App: GuidanceResources® Now

Web ID: COM589

Contact us anytime for confidential assistance.



# Work-Life Solutions

## Get the Everyday Help You Need

Just call your GuidanceResources toll-free number. Our Work-Life Specialists will research your question, and, in just a few business days, send you a complete packet of practical information, including prescreened referrals, articles on your topic and much more. The materials can be delivered to you via email, fax or second-day air.

### Call any time for assistance with topics, including:

- Finding child or elder care
- Housing searches
- Seeking financial assistance
- Finding pet care
- Sending a child off to school
- Planning a major project or event

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# Legal Guidance

## Get the Legal Help You Need

Just call your GuidanceResources toll-free number. You'll be connected to a GuidanceConsultant<sup>SM</sup> who will talk with you about your situation and schedule a phone appointment for you with one of our staff attorneys. If you need more immediate help, you can be connected to an attorney directly.

### Our attorneys can help you with:

- Family law matters, including divorce, custody, child support and adoption
- Bankruptcy and credit issues
- Landlord/tenant issues, including eviction and lease questions
- Real estate and foreclosure questions
- Immigration concerns
- Wills and living wills

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# Financial Resources

## Get the Expert, Objective Help You Need

Just call your GuidanceResources toll-free number. You'll be connected to a GuidanceConsultant<sup>SM</sup> who will talk with you about your specific situation and schedule a phone appointment for you with one of our financial experts.

Our in-house staff includes Certified Public Accountants, Certified Financial Planners and other professionals dedicated exclusively to providing financial information to you by phone.

And because our experts are not associated with any financial institution, you are assured that they will provide impartial and objective information on your money topics.

### Our financial experts can help you with:

- Credit card and debt management
- Budgeting, retirement and estate planning
- Tax and real estate questions
- Financing for college
- Investment options
- Mortgages, loans and refinancing

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# Online Support

## What you want. When you want it.

Access your GuidanceResources services anytime, anywhere from your computer, tablet or smartphone. Our award-winning portal, GuidanceResources® Online, is your go-to site for expert information and tools on the issues that matter most to you: relationships, work, school, parenting, wellness, legal, financial, free time and much more. With 24/7 access, you can get the info you need when and where you need it.

### Go online for:

- Articles, podcasts, videos, slideshows
- On-demand trainings, online communities and chat
- “Ask a GuidanceConsultant<sup>SM</sup>” personal responses to your questions

## Check it out!

### Go to [guidanceresources.com](https://guidanceresources.com)

- Click Register
- Enter Web ID: **COM589**
- Create a username and password

### Download the app

- Search GuidanceResources (one word)
- Install GuidanceResources® Now
- Tap Member Resources and enter your username and password

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