



You're Not Alone

When the demands of the job threaten to overwhelm you, your GuidanceResources® Program can help. Our GuidanceConsultantsSM are available 24 hours a day, seven days a week, over the phone or online. They can put you in touch with the tools, information and local professionals you need. The help is immediate, confidential and available to you at no cost. Contact us anytime for:

- Stress management
- Coping with difficulties at home or at work
- Depression and anxiety
- Finding emergency child care or elder care
- Alcohol or substance abuse
- Legal or financial issues, and more

Here when you need us.

Call:

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