



- 24/7 Support, Resources & Information

- Contact us anytime for confidential assistance.

- Available to you and your family from your first day of hire.

Your Employee Assistance Program

No matter what's going on in your life, your Employee Assistance Program (EAP) is here to help.

Personal problems, planning for life events or simply managing day-to-day tasks can affect your work, health and family. That's where your EAP can help. This company-sponsored service is available to you and your dependents at no cost to provide confidential counseling, resources and information to get you through life's challenges. Contact us today for:



Confidential Counseling

Experienced clinicians are available 24 hours a day, seven days a week to speak with you. Call any time with personal concerns, including:

- Depression
- Stress and anxiety
- Marital and family conflicts
- Grief and loss
- Alcohol and drug abuse
- Job pressures



FamilySource

Need help with your personal to-do list? We have experts standing by to offer qualified resources and unlimited support for:

- Child care
- Elder care
- Education
- Government programs
- Health/wellness
- Personal convenience
- Moving or relocation



LegalConnect

Speak with one of our on-staff attorneys to answer legal questions, including:

- Family law
- ID theft
- Custody
- Real estate
- Contracts
- Tax questions

If you need legal representation, we offer local referrals with a free initial 30-minute consultation and discounted legal fees for any services.



FinancialConnect®

Our financial experts can assist with a wide range of issues. Talk to us about:

- Budgeting and debt
- Credit and tax issues
- Retirement planning
- Real estate
- Estate planning
- Saving for college



GuidanceResources® Online

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.

- Articles, podcasts and assessments
- Videos and slideshows
- On-demand trainings
- Online communities
- "Ask a GuidanceConsultant" personal responses to your questions



Tobacco Cessation Tools*

Making positive lifestyle changes is easier when you have the right tools and support:

- Tools to quit smoking for good
- Personalized quit plan
- 1-on-1 telephonic sessions with a certified coach
- Reasonable alternative for tobacco-/nicotine-free pledge

Here when you need us.

Call: 866.511.3359

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: MYEAP

