

# Need Assistance?

Our Employee Assistance Program (EAP) is Here for You

## CONFIDENTIAL EMOTIONAL SUPPORT

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts

## WORK-LIFE SOLUTIONS

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care

## FINANCIAL RESOURCES

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

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more

## ONLINE SUPPORT

GuidanceResources® Online is your 24/7 link to vital information, tools and support.

Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- “Ask the Expert” personal responses to your questions

### CONTACT YOUR EAP RESOURCES ANYTIME

Call: **888.295.4327** TDD: **800.697.0353**

Go online: **guidanceresources.com**

Your company Web ID: **HC311**

*Confidential Counseling, Financial Resources  
and Work-Life Solutions*