



## Employee Assistance Program

Your Guidance Resources program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 844.729.5171

TDD: 800.697.0353.

Your toll-free number gives you direct, 24/7 access to a Guidance consultant, who will answer your questions and, if needed, refer you to a counselor or other resources.

Or log on to connect directly with a Guidance consultant about your issue or to consult articles, podcasts, videos and other helpful tools. Online: [www.guidanceresources.com](http://www.guidanceresources.com) Web ID: *INTEGRIS* (option to type this ID in is under the 'register' tab on homepage)

Receive up to 8 **free** sessions for each topic. Topics include:

- Confidential, emotional support
  - Anxiety, depression, stress
  - Grief, loss and life adjustments
  - Relationship/Marital conflicts
- Work-life solutions
  - Finding child and elder care
  - Hiring moving movers or home repair contractors
  - Planning events, locating pet care
- Legal guidance
  - Divorce, adoption, family law, wills, trusts and more
  - Need representation? Get a free 30-minute consultation and a 25 percent reduction in fees
- Financial resources
  - Retirement planning, taxes
  - Relocation, mortgage, insurance
  - Budgeting, debt, bankruptcy, and more
- On-line Support