

Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges for employees and household members.

Confidential Emotional Support



Our highly trained, local clinicians will listen to your concerns and help you and your change to household members with any issues, including:

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

Legal Guidance



Talk to a local legal expert for practical assistance with your most pressing issues. Our experts offer a free half-hour consultation per issue per year on almost any legal topic, including:

- Divorce, adoption, family law
- Wills and trusts
- Landlord or tenant issues, and more

Financial Information



Our financial experts can assist with a wide range of issues. They offer a free half-hour consultation per issue per year for:

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

Online Support



GuidanceResources® Online is your 24/7 link to articles and educational content on the subjects that matter most to you:

- Relationships, family, parenting
- Health, wellness, well-being
- Legal, financial, free time and more

Wellness Tools (Coaching Only)



Wellness tools and coaching that help you make positive lifestyle changes for weight loss and tobacco cessation.



Your GuidanceResources® programme offers someone to talk to and resources to consult whenever and wherever you need them.

Your programme phone number gives you direct, 24/7 access to a GuidanceConsultantSM, who is a trained clinician who can support you and offer referrals for ongoing assistance with a local expert.

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: Adobe

Log on today to search the directory for a local provider or phone number. You can also review articles and other helpful tools where available.

24/7 Support, Resources & Information



Adobe

Contact Your GuidanceResources® Programme

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: Adobe