

## GuidanceResources® - Employee Assistance Program

Sometimes life can feel overwhelming. It doesn't have to.

Guardian's Employee Assistance Program provides confidential counseling, expert guidance, and valuable resources to help you handle any of life's challenges, big or small.

How it can help



### Confidential emotional support

 Anxiety, depression, stress



### Work and lifestyle support

 Child, elder and pet care



### Financial resources and legal guidance

- Retirement planning, taxes
- Wills, trusts and estate planning



# How to access 24/7 live assistance



# **Call 1 855 239 0743**TRS: Dial 711



### Visit guidanceresources.com

App: GuidanceNow<sup>SM</sup>
Organization web ID: Guardian
Note: First-time users will
need to register first with the
organization web ID: Guardian.

#### This service is only available if you purchase qualifying lines of coverage. See your plan administrator for more details.

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