



# Emotional Support

## Your GuidanceResources Programme Can Help

Personal setbacks, emotional conflicts or just the demands of daily life can affect your work, health and family. With help from your GuidanceResources programme, they don't have to. This company-sponsored benefit is available to you and your family members at no cost and gives you someone to talk to when life's challenges threaten to overwhelm you. Call any time and our highly trained, local clinicians will listen to your concerns and help you and your family members with any issues.

### Call any time with personal concerns, including:

- Anxiety, depression
- Stress
- Grief and loss
- Life adjustments
- Relationship/partner conflicts
- And more

## Here when you need us.

Call: 0800.917.5320

Online: [guidanceresources.com](https://guidanceresources.com)

App: GuidanceNow<sup>SM</sup>

Web ID: GumGum

Contact us anytime for confidential assistance.



# Legal Guidance

## Get the Legal Help You Need

Contact your GuidanceResources programme to speak with 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 topic.

### Call today for help with:

- Divorce
- Adoption
- Family law
- Wills and trusts
- Landlord or tenant issues
- And more

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# Financial Resources

## Get the Expert, Objective Help You Need

You work hard for your money. Make sure your money is working hard for you. Contact your GuidanceResources programme to speak with a local financial expert who can assist you with a wide range of issues. Our experts offer a free half-hour consultation per issue per year.

### A financial expert can help you with:

- Retirement planning
- Relocation and mortgages
- Bankruptcy
- Insurance
- Budgeting and debt
- And more

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# Online Support

## What you want. When you want it.

Access your GuidanceResources services anytime, anywhere from your computer, tablet or smartphone. Our award-winning portal, 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. With 24/7 access, you can get the info you need when and where you need it.

### Go online for:

- GuidanceExpert<sup>SM</sup> Directory with local access numbers for the Employee Assistance Programme
- Valuable information on wellness, relationships, work, education and other topics vital to you
- Detailed overview of services available to you and your family members

## Check it out!

### Go to [guidanceresources.com](https://guidanceresources.com)

- Click Register
- Enter Web ID: GumGum
- Create a username and password

### Download the app

- Search GuidanceResources (one word)
- Install GuidanceNow<sup>SM</sup>
- Tap Login and enter your username and password

## Here when you need us.

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