

Your GuidanceResources® Program

Your GuidanceResources® Employee Assistance Program is available to help when recovering from a crisis, whether it involves a natural disaster, grief due to a loss of life, or even economic hardship. The program is provided free of charge to all benefit-eligible employees and their household members and offers someone to talk to or resources to consult whenever they're needed. These services are strictly confidential and available to you and your immediate family members 24 hours a day, seven days a week, by phone or online.



Confidential No-Cost Counseling

- Anxiety, depression or other mental health concerns
- Grief, loss and other life adjustments
- The pressure of getting life back to normal after a traumatic event



Legal and Financial Guidance

- Denied insurance claims, civil or criminal procedures
- Securing orders of protection or emergency financial assistance after traumatic events
- Loans, budgeting, debt issues



Custom Solutions

- Child and elder care resources
- Locating home repair contractors or disaster recovery resources
- Securing government assistance, finding support groups



GuidanceResources® Online

- Articles, podcasts, videos and tutorials and online communities for support and education
- Arrange counseling or other EAP services

EAP Resources

The following resources may be helpful during times of crisis:

On-Demand Training:

- [Coping with a Crisis or Traumatic Event](#)
- [Difficult Conversations During Times of Unrest](#)
- [Informed or Infirm? Health Media Consumption](#)
- [Talking to Kids About Violent Events](#)

Video:

- [How Your EAP Can Help](#)

Resource Guides:

- [Grief and Loss](#)
- [Traumatic Events](#)
- [Safety and Recovery After a Natural Disaster](#)

GuidanceResources® Online:

- [Crisis Portal](#)



24/7 Live Assistance:

Call:

TRS: Dial 711



Online: guidanceresources.com

App: GuidanceNowSM

Web ID:

