

GuidanceResources®

# We're Here to Help

## Your GuidanceResources® Employee Assistance Program

Personal problems, unexpected life events or simply managing day-to-day tasks can take a toll on your work, your family and your well-being. That's where your GuidanceResources® Employee Assistance Program can help. This company-sponsored benefit is available to you and your household members at no cost and offers confidential counseling, resources and information to keep you on top of life's challenges. Contact us today for:

### Confidential Counseling

Experienced clinicians are available 24 hours a day, seven days a week to speak with you. Call any time with personal concerns, including:

- Depression
- Stress and anxiety
- Marital and family conflicts
- Grief and loss
- Alcohol and drug abuse
- Job pressures

### Work-Life Support

Need help with your personal to-do list? We have experts standing by to offer qualified resources and unlimited support for locating:

- Child care
- Elder care
- Education
- Government programs
- Health and wellness support
- Personal convenience
- Moving or relocation
- Adoption resources

### Legal Questions

Speak with one of our on-staff attorneys to answer legal questions, including:

- Family law
- ID theft
- Custody
- Real estate
- Contracts
- Tax questions

If you need legal representation, we offer local referrals with a free initial 30-minute consultation and discounted legal fees for any services.

### Financial Guidance

Our financial experts can assist with a wide range of issues. Talk to us about:

- Budgeting
- Debt
- Credit issues
- Tax issues
- Retirement planning
- Real estate
- Estate planning
- Saving for college

### GuidanceResources® Online

Our web portal is your go-to site for expert guidance and tools on the issues that matter most to you: relationships, work, school, parenting, wellness, legal, financial, free time and much more. Log on for:

- Online scheduling for counseling and other services
- Articles, podcasts and assessments
- Videos and slideshows
- On-demand trainings

### Digital Self-Care Tools

Our app-based self-care platform, Koa Care 360, guides you on the path to a healthier lifestyle. The app's entertaining, interactive modules cover topics such as:

- Stress and depression
- Burnout
- Balancing competing needs
- Developing self-compassion
- Goal setting
- Building resiliency
- Finding motivation
- Improving sleep
- Weight management
- Tobacco cessation

**AECOM**

**COMPSYCH**  
GuidanceResources® Worldwide



24/7 Live Assistance:  
Call: 866.501.7962  
TRS: Dial 711



Online: [guidanceresources.com](https://www.guidanceresources.com)  
App: GuidanceNow<sup>SM</sup>  
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