



GuidanceResources®

A HELPING HAND

Getting the most out of life is easier when you have support. Your Employee Assistance Program offers counseling, self-improvement tools and solutions for everyday issues to help you be your best, at home and at work. These services are free, confidential and available all day, every day to you and your household members.

Let's get started.

Call: 866-301-0313

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

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