

An Overview of Your GuidanceResources® Program EAP Business ClassSM for Employees

Call: 877.595.5281

TDD: 800.697.0353

Go online: guidanceresources.com

Your company Web ID: EAPBusiness

Personal issues, planning for life events or simply managing daily life can affect your work, health and family. GuidanceResources® provides support, resources and information for personal and work-life issues. GuidanceResources is company-sponsored, confidential and provided at no charge to you and your dependents. This flyer explains how GuidanceResources can help you and your family deal with everyday challenges.

Confidential Counseling

Someone to talk to.

This no-cost counseling service helps you address stress, relationship and other personal issues you and your family may face. It is staffed by GuidanceConsultantsSM—highly trained master's and doctoral level clinicians who will listen to your concerns and quickly refer you to in-person counseling and other local resources for:

- › Stress, anxiety and depression
- › Relationship/marital conflicts
- › Problems with children
- › Job pressures
- › Grief and loss
- › Substance abuse

Financial Information and Resources

Discover your best options.

Speak by phone with our Certified Public Accountants and Certified Financial Planners on a wide range of financial issues, including:

- › Getting out of debt
- › Credit card or loan problems
- › Tax questions
- › Retirement planning
- › Estate planning
- › Saving for college

If you should require additional guidance, we can refer you to a financial professional for an initial one-hour in-person consult at no cost to you.

Legal Support and Resources

Expert info when you need it.

Talk to our attorneys by phone. If you require representation, we'll refer you to a qualified attorney in your area for a free 30-minute consultation with a 25% reduction in customary legal fees thereafter. Call about:

- › Divorce and family law
- › Debt and bankruptcy
- › Landlord/tenant issues
- › Real estate transactions
- › Civil and criminal actions
- › Contracts

Work-Life Solutions

Delegate your "to-do" list.

Our Work-Life specialists will do the research for you, providing qualified referrals and customized resources for:

- › Child and elder care
- › Moving and relocation
- › Making major purchases
- › College planning
- › Pet care
- › Home repair

GuidanceResources® Online

Knowledge at your fingertips.

GuidanceResources Online is your one stop for expert information on the issues that matter most to you...relationships, work, school, children, wellness, legal, financial, free time and more.

- › Timely articles, HelpSheetsSM, tutorials, streaming videos and self-assessments
- › "Ask the Expert" personal responses to your questions
- › Child care, elder care, attorney and financial planner searches

Free Online Will Preparation

Get peace of mind.

Preparing for the future through a will or estate plan is important, but too often employees and their family members postpone or avoid these seemingly daunting tasks. EstateGuidance® can take the stress, attorney and cost out of that process. To access your free, customized online will, go to guidanceresources.com and click on EstateGuidance. Simply complete an easy-to-understand will questionnaire then print and review your will, which is created in real time using our advanced technology. EstateGuidance can also print and mail a hard copy of your will for \$14.99, or you can purchase a Living Will for \$19.99. It's fast, convenient and gives your family the peace of mind it deserves.

Help for New Parents

Balance work and family life.

ParentGuidanceSM supports you through the process of becoming a biological or adoptive parent, and helps you balance the demands of work and parenthood. ParentGuidance specialists provide information and assistance with the top issues that new and expectant parents confront:

- › Preparing for the baby
- › Emotional concerns
- › Finding child care
- › Wills and estate planning
- › Financial issues
- › Planning for back-to-work

