

Support

for tough times

Your GuidanceResources® Employee Assistance Program is available to help when facing a crisis involving economic hardship. The program is provided free of charge to all 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
- Emotional support for financial stress and anxiety
- Self-care and resiliency building

Legal and financial guidance



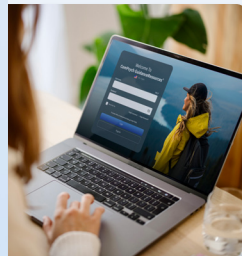
- Dealing with debt collection
- Taking early distributions from retirement funds
- Reworking your budget for tighter times
- Short-term loan options or forgiveness plans

Custom solutions



- Emergency child or elder care resources
- Utility and housing assistance
- Food banks and nutritional support
- Support groups and local charitable organizations

GuidanceResources® Online



- Articles, podcasts, videos, tutorials and online communities for support and education
- Arrange counseling or other EAP services
- Access tailored services through Assess Me

EAP resources

The following resources may be helpful during difficult times:

On-demand training

- [Coping with a Crisis or Traumatic Event](#)
- [Difficult Conversations During Times of Unrest](#)
- [Informed or Informed? Healthy Media Consumption](#)

Video

- [How Your EAP Can Help](#)

For managers

- [Building Workplace Resilience](#)



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