



## Your GuidanceResources Program

**No matter what's going on in your life, your GuidanceResources program is here to help.**

Personal problems, planning for life events or simply managing day-to-day tasks can affect your work, health and family. That's where your GuidanceResources program can help. This company-sponsored service is available to you and your dependents at no cost to provide confidential counseling, resources and information to get you through life's challenges. Contact us today for:



### Consultations confidentielles

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



### FamilySource

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

- Child care
- Elder care
- Education
- Government programs
- Health/wellness
- Personal convenience
- Moving or relocation



### LegalConnect

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.



### FinancialConnect®

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

GuidanceResources Online, is your go-to site for expert information and tools on the issues that matter most to you: relationships, work, school, parenting, wellness, legal, financial, free time and much more.

- Articles, podcasts and assessments
- Videos and slideshows
- On-demand trainings
- Online communities
- "Ask a GuidanceConsultant" personal responses to your questions

## Here when you need us.

Call: 800.497.9096 TDD: 877.373.4763

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceResources® Now

Web ID: AECOM

**AECOM**

