



GuidanceResources® your Employee Assistance Program

Sometimes life can feel overwhelming.
It doesn't have to.

Guardian's Employee Assistance Program provides confidential counseling, specialized guidance, and valuable resources to help you handle any of life's challenges, big or small.

How it can help



Confidential emotional support

- Anxiety, depression, and stress



Work and lifestyle support

- Child, elder, and pet care



Financial resources and legal guidance

- Retirement planning and taxes
- Wills, trusts, and estate planning

This service is only available if you purchase qualifying lines of coverage. See your plan administrator for more details.

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How to access
24/7 live assistance



Call
1 855 239 0743
TRS: Dial 711



Visit
guidanceresources.com

App: GuidanceNowSM
Organization web ID: Guardian
Note: First-time users will need to register first with the organization web ID: Guardian.

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8197720.1 (07/27)