

# GuidanceResources<sup>®</sup> 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](https://guidanceresources.com)

App: GuidanceNow<sup>SM</sup>  
Organization web ID: Guardian  
Note: First-time users will need to register first with the organization web ID: Guardian.