



## Separation and Divorce

The pain of separation and divorce can be devastating, but help is available. Your GuidanceResources Employee Assistance Program offers confidential counseling and other tools to help you through this difficult time. This service is staffed by experienced, caring clinicians and is available to you and your household members 24 hours a day, seven days a week.

Call toll-free or go online to speak with a GuidanceConsultant<sup>SM</sup> who will listen to your concerns and refer you to resources in your community or to a GuidanceResources Specialist to address your issues.

### Here when you need us.

Call: 877.327.2362

TDD: 800.697.0353

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

App: GuidanceResources® Now

Web ID: HN8876C

### Call anytime for concerns such as:

- Alternative dispute resolution
- Child custody and visitation
- Child support
- Coping with depression
- Dating as a divorced parent



## Planning for Retirement

Retirement has changed dramatically over the past 30 years. Today's retirees are healthier, living longer and staying more active, which makes planning for these golden years all the more important.

The financial experts at your GuidanceResources Employee Assistance Program can help. This service is confidential and available to you and your household members 24 hours a day, seven days a week online or via a toll-free call.

### Call anytime for concerns such as:

- Understanding social security
- Long-term care insurance
- Planning your financial future
- Paying for elder care
- Durable power of attorney

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## Planning for College

Are you or your child thinking about college? Considering an advanced degree to further your career? Concerned about curricula, financing and campus environments for your college-bound teen? Your GuidanceResources Employee Assistance Program can help.

Whether online or on the phone, a GuidanceConsultant<sup>SM</sup> is available anytime to put you in touch with the resources you need to understand the increasingly complex world of higher education.

### Call anytime for concerns such as:

- Choosing a school
- Understanding the application process
- Paying tuition
- University life
- Applying for financial aid

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## Planning Elder Care

Finding the right care for elderly parents and other loved ones can be a struggle, both financially and emotionally. Your GuidanceResources Employee Assistance Program can help ease the burden and guide you through your decision-making process.

Our experienced clinicians, financial experts and staff attorneys offer confidential counseling, planning tools and other resources to address any issues you may have. These services are provided at no cost to you and your household members and are available 24 hours a day, seven days a week online or by calling a toll-free line.

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### Call anytime for concerns such as:

- Finding assisted living
- Long-term care insurance
- Paying for elder care
- Coping with stress
- Balancing work and family



## Navigating the Adoption Process

Adopting a child can be a highly complex, time-consuming process. Your GuidanceResources Employee Assistance Program can help.

Our FamilySource® experts offer free, confidential guidance and other resources to help you navigate the ins and outs of adoption, parenting and family life. These services are provided at no cost to you and your household members and are available 24 hours a day, seven days a week online or by calling a toll-free number.

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### Call anytime for concerns such as:

- Listings of local adoption agencies
- Understanding the adoption process
- Legal assistance with adoption laws
- Financial guidance on budgeting for a new child
- Confidential counseling, face-to-face, over the phone or online



## Moving

Whether going across town or across the county, moving is no small undertaking. Your GuidanceResources Employee Assistance Program can help lighten the load.

Online or on the phone, a GuidanceConsultant<sup>SM</sup> is available anytime to put you in touch with the people and resources you need to make your move a smooth one. These services are provided at no cost to you and your household members and are available 24 hours a day, seven days a week.

### Call anytime for concerns such as:

- Apartment hunting
- Meeting new people
- Tenants' rights
- Homeowners insurance
- Preparing children for a move

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## Getting Married

Getting married is a joyous occasion. It's also a big step, and can lead to a number of questions and concerns. Let your GuidanceResources Employee Assistance Program help ease your mind.

Our experienced clinicians, financial experts and staff attorneys offer confidential counseling, planning tools and other resources to address any issues you may have. These services are provided at no cost to you and your household members and are available 24 hours a day, seven days a week online or by calling a toll-free number.

### Call anytime for concerns such as:

- Changing your name
- Creating/changing your will
- Pre-nuptial agreements
- Becoming a step-parent
- Helping children adjust to a step-parent

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## A Growing Family

Having a newborn is an exciting time for parents. It's also a challenging time, especially when it comes to returning to the workforce. Your GuidanceResources Employee Assistance Program can help with these transitions.

Our experienced clinicians, financial experts and staff attorneys offer confidential counseling, planning tools and other resources to address any issues you may have. These services are provided at no cost to you and your household members and are available 24 hours a day, seven days a week online or by calling a toll-free number.

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### Call anytime for concerns such as:

- Diet and pregnancy
- Childproofing your home
- Coping with postpartum depression
- Returning to work after leave
- Adjusting to parenthood



## The Loss of a Loved One

We all deal with the death of a friend or loved in different ways. For some of us, the reality of losing someone close to us can be overwhelming. Remember, there are resources available to help you during this difficult time.

Your GuidanceResources Employee Assistance Program offers experienced clinicians, financial experts and staff attorneys for confidential counseling, planning tools and other resources to address any issues you may have. These services are provided at no cost to you and your household members and are available 24 hours a day, seven days a week online or by calling a toll-free line.

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### Call anytime for concerns such as:

- Anticipatory grief
- Choosing hospice care
- Coping with grief
- Receiving an inheritance
- Serving as an executor



## Caring for an Elder

Caring for another person takes a lot of time, effort and work. In addition, most caregivers juggle caregiving with full-time jobs and parenting. If you're feeling overwhelmed or exhausted, contact your GuidanceResources Employee Assistance Program for help.

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### Call anytime for concerns such as:

- Coping with stress
- Finding assisted living, in-home and other care options
- Paying for elder care
- Understanding Medicare and Medicaid
- Estate planning



## Dealing With Bullies

According to the American Academy of Child and Adolescent Psychiatry, as many as half of all children are bullied at some time during their school years. If your child is being picked on, threatened, harassed or physically assaulted by another child, it is important to respond properly to the situation. Your GuidanceResources Employee Assistance Program can help.

Online or on the phone, a GuidanceConsultant<sup>SM</sup> is available anytime to put you in touch with the people and resources you need to tackle bullying before it gets out of hand. These services are provided at no cost to you and your household members and are available 24 hours a day, seven days a week.

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### Call anytime for concerns such as:

- What to do if your child is a victim— or is engaging in bullying behavior
- Identifying warning signs of bullying
- Strategies to cope with bullying
- Working with the school
- Legal aspects of bullying