

KEEPING UP WITH LIFE IS NO EASY TRICK

GuidanceResources®



Juggling work, life and family is a delicate balancing act that can sometimes get out of whack. That's where we can help. Call your GuidanceResources® program to talk with an experienced, caring GuidanceConsultantSM about your personal concerns. Our highly trained clinicians can get you back in the groove or refer you to a counselor or other resources in your community for further help. Call us anytime, 24/7, for:

- Relationship and marital conflicts
- Parenting or empty-nesting issues
- Stress, anxiety and depression
- Job pressures
- Grief and loss
- Substance abuse

We have the expertise.

Call: TDD: 800.697.0353

Online: guidanceresources.com

App: [GuidanceResources® Now](#) Web ID: