

# OPEN NEW DOORS



## Your Employee Assistance Program can show you how.

Our confidential counseling, self-improvement tools and solutions for everyday issues can help you be your best, at home and at work. These no-cost services are confidential and available all day, every day to you and your household members.

## Call us anytime, 24/7, for:

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



Visit Us Online:

[GuidanceResources.com](https://www.GuidanceResources.com)

## You have options.



24/7 Live Assistance:  
Call: 888.270.8897  
TRS: Dial 711



App: GuidanceNow<sup>SM</sup>  
Web ID: SOKEAP