

# Life is challenging. We can help.

We're your GuidanceResources® program.

Talk to us for the tools you need to handle any of life's challenges, big or small.

## Our Services:



### Confidential Counseling

- Anxiety, depression, stress
- Grief, loss, life adjustments
- Relationship/marital conflicts



### Legal Guidance

- Divorce, adoption, family law
- Wills, trusts, estate planning
- Free consultation and discounted local representation



### Financial Resources

- Financial planning, retirement, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy
- WellthSourceSM financial wellness, planning and will prep tool



### Digital Tools and Support

- Immediate connection to counseling, work-life support, and more
- Personalized guided behavioral health and well-being programs
- Interactive articles, videos, on-demand trainings, digital self-care tools
- Accessible resources for anxiety, stress, mindfulness, sleep, and more



### Well-Being Support

- One-on-one Well-Being Coaching for positive lifestyle changes
- Personalized Health Assessment to identify risks and areas for improvement
- Interactive activities to improve mental well-being
- Guidance for nutrition and exercise, motivation, overall well-being

Explore your program:  
Scan for video tour!



Confidential  
24/7 support,  
when and where  
you need it.

Call 888.355.6216 to speak to a highly trained, caring professional.

[Go to guidanceresources.com](http://guidanceresources.com)  
and enter your company  
ID: ROSEN

Assistance is always confidential.  
View our privacy notice at  
[guidanceresources.com/privacy](http://guidanceresources.com/privacy)



Live  
Assistance

Call: 888.355.6216

Telecommunications Relay Services: Dial 711

App: GuidanceNowSM

Web ID: ROSEN

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



Scan for more  
resources

