



# Emotional Support

## Your Here For You Program Can Help

Personal setbacks, emotional conflicts or just the demands of daily life can affect your work, health and family. With help from your **Here For You** program, they don't have to. This company-sponsored benefit is available to you and your family members at no cost and gives you someone to talk to when life's challenges threaten to overwhelm you. The program is staffed by highly trained, caring clinicians who are available by phone or online 24 hours a day, seven days a week.

### Call any time with personal concerns, including:

- Stress, anxiety and depression
- Marital and family conflicts
- Alcohol or drug use
- Job pressures
- Dealing with change
- Grief and loss

Australia .....	1.800.377.275 / 1300.956.253 (mobile)	Mexico .....	800.681.9591 / +52.3341708343 (mobile)
Austria .....	0800.802196	Netherlands .....	0.800.020.0726
Belgium .....	0800.261.74	Philippines .....	1800.1.116.0927 / +63.283953309 (mobile)
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China .....	4001.200746	Spain .....	900.868553
Finland .....	guidanceresources.com	Sweden .....	020.889.844
France .....	0805.081906	Switzerland .....	0800.562.534
Germany .....	0800 3007347	Taiwan .....	00801.12.6953
Hong Kong .....	800.905.386	United Arab Emirates .....	800.0320510
India .....	000800.100.4444 / +91.9818711035 (mobile)	United Kingdom .....	0800.917.5320
Italy .....	800.788.706	United States .....	800.272.7255
Japan .....	0800.222.0349		

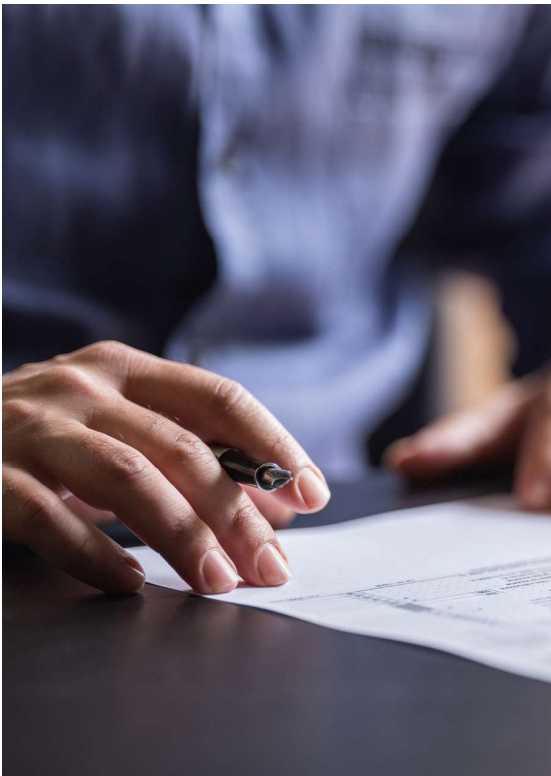


24/7 Live Assistance:  
Call: See the list for your local number  
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Online: [guidanceresources.com](http://guidanceresources.com)  
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# Legal Guidance

## Get the Legal Help You Need

Just call your **Here For You** toll-free number. You'll be connected to a highly trained, caring clinician who will talk with you about your situation and schedule a phone appointment for you with one of our staff attorneys. If you need more immediate help, you can be connected to an attorney directly.

### Our attorneys can help you with:

- Family law matters, including divorce, custody, child support and adoption
- Bankruptcy and credit issues
- Landlord/tenant issues, including eviction and lease questions
- Real estate and foreclosure questions
- Immigration concerns
- Wills and living wills

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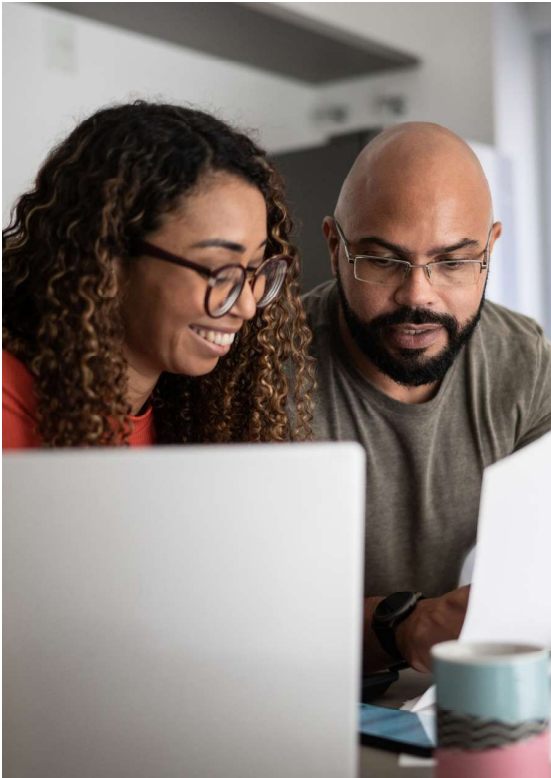


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# Financial Resources

## Get the Expert, Objective Help You Need

Just call your **Here For You** toll-free number. You'll be connected to a highly trained, caring clinician who will talk with you about your specific situation and schedule a phone appointment for you with one of our financial experts.

Our in-house staff includes Certified Public Accountants, Certified Financial Planners and other professionals dedicated exclusively to providing financial information to you by phone.

And because our experts are not associated with any financial institution, you are assured that they will provide impartial and objective information on your money topics.

### Our financial experts can help you with:

- Credit card and debt management
- Budgeting, retirement and estate planning
- Tax and real estate questions
- Financing for college
- Investment options
- Mortgages, loans and refinancing

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# Online Support

## What you want. When you want it.

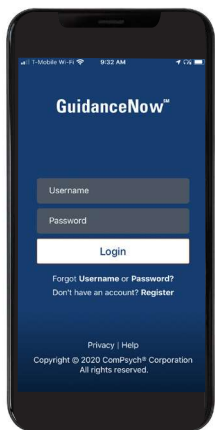
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### Go online for:

- Articles, podcasts, videos, slideshows
- On-demand trainings, online communities and chat
- “Ask a GuidanceConsultant<sup>SM</sup>” personal responses to your questions

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- Register as a first-time user on GuidanceResources.com using your organization’s web ID
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