

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 Counselling

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



Financial Resources

- Financial planning, retirement, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy



Legal Guidance

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



Digital Tools and Support

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

Explore your program:
Scan for video tour!



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

Call 866-641-3847
to speak to a highly trained,
caring professional.

Go to guidanceresources.com
and enter your company
ID: COM589

Assistance is always confidential.
View our privacy notice at
guidanceresources.com/privacy



Live
Assistance

Call: 866-641-3847

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resources

