

Life is challenging. We can help.

We're your Living Resources program.

Talk to us for the tools you need to handle any of life's challenges, big or small. **5 sessions per issue, per year.**

Our Services:



Confidential Counseling

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



Work and Lifestyle Support

- Child, elder, and pet care
- Moving and relocation
- Shelters, government assistance



Legal Guidance

- Divorce, adoption, family law
- Wills, trusts, estate planning
- Free consultation and discounted local representation
- EstateGuidance® online will preparation tool



Financial Resources

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



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
- Improve mindfulness, nutrition, sleep, exercise habits
- Support for smoking cessation, weight management, and more



Explore your program:
Scan for video tour!



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

Call 844.207.5465 to speak to a highly trained, caring professional.

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

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

24/7

Live
Assistance

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resources

