KEEPING UP WITH LIFE IS NO EASY TRICK

Juggling work, life and family is a delicate balancing act that can sometimes get out of whack. That’s where we can help. Call your employee assistance program to talk with an experienced, caring GuidanceConsultant™ about your personal concerns. Our highly trained clinicians can get you back in the groove or refer you to a counselor or other resources in your community for further help. Call us anytime, 24/7, for:

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

Call: 888.275.1205, Option 7
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