



TAKE A BREATH

In a busy world, it's important to take a break once in a while. Your Employee Assistance Program can show you how. Our counseling, self-improvement tools and solutions for everyday issues can help you get the most out of life, at work and at home. These services are free, confidential and available all day, every day to you and your household members.

Here when you need us.

Call: 877-327-4452

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Online: [guidanceresources.com](https://www.guidanceresources.com)

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