



## Call ComPsych® GuidanceResources® anytime for confidential assistance.

Call: 888.628.4844  
Go online: [guidanceresources.com](http://guidanceresources.com)

TDD: 800.697.0353  
Your company Web ID: PFGEAP

Personal issues, planning for life events or simply managing daily life can affect your work, health and family. ComPsych® GuidanceResources® provides support, resources and information for personal and work-life issues. GuidanceResources is company-sponsored, confidential and provided at no charge to you and your dependents. This flyer explains how GuidanceResources can help you and your family deal with everyday challenges.

### Confidential Counseling

*Someone to talk to.*

This no-cost counseling service helps you address stress, relationship and other personal issues you and your family may face. It is staffed by Guidance Consultants—highly trained master's and doctoral level clinicians who will listen to your concerns and quickly refer you to in-person counseling and other resources for:

- › Stress, anxiety and depression
- › Relationship/marital conflicts
- › Problems with children
- › Job pressures
- › Grief and loss
- › Substance abuse

### Financial Information and Resources

*Discover your best options.*

Speak by phone with our Certified Public Accountants and Certified Financial Planners on a wide range of financial issues, including:

- › Getting out of debt
- › Credit card or loan problems
- › Tax questions
- › Retirement planning
- › Estate planning
- › Saving for college

### Legal Support and Resources

*Expert info when you need it.*

Talk to our attorneys by phone. If you require representation, we'll refer you to a qualified attorney in your area for a free 30-minute consultation with a 25% reduction in customary legal fees thereafter. Call about:

- › Divorce and family law
- › Debt and bankruptcy
- › Landlord/tenant issues
- › Real estate transactions
- › Civil and criminal actions
- › Contracts

### Work-Life Solutions

*Delegate your "to-do" list.*

Our Work-Life specialists will do the research for you, providing qualified referrals and customized resources for:

- › Child and elder care
- › Moving and relocation
- › Making major purchases
- › College planning
- › Pet care
- › Home repair

### GuidanceResources® Online

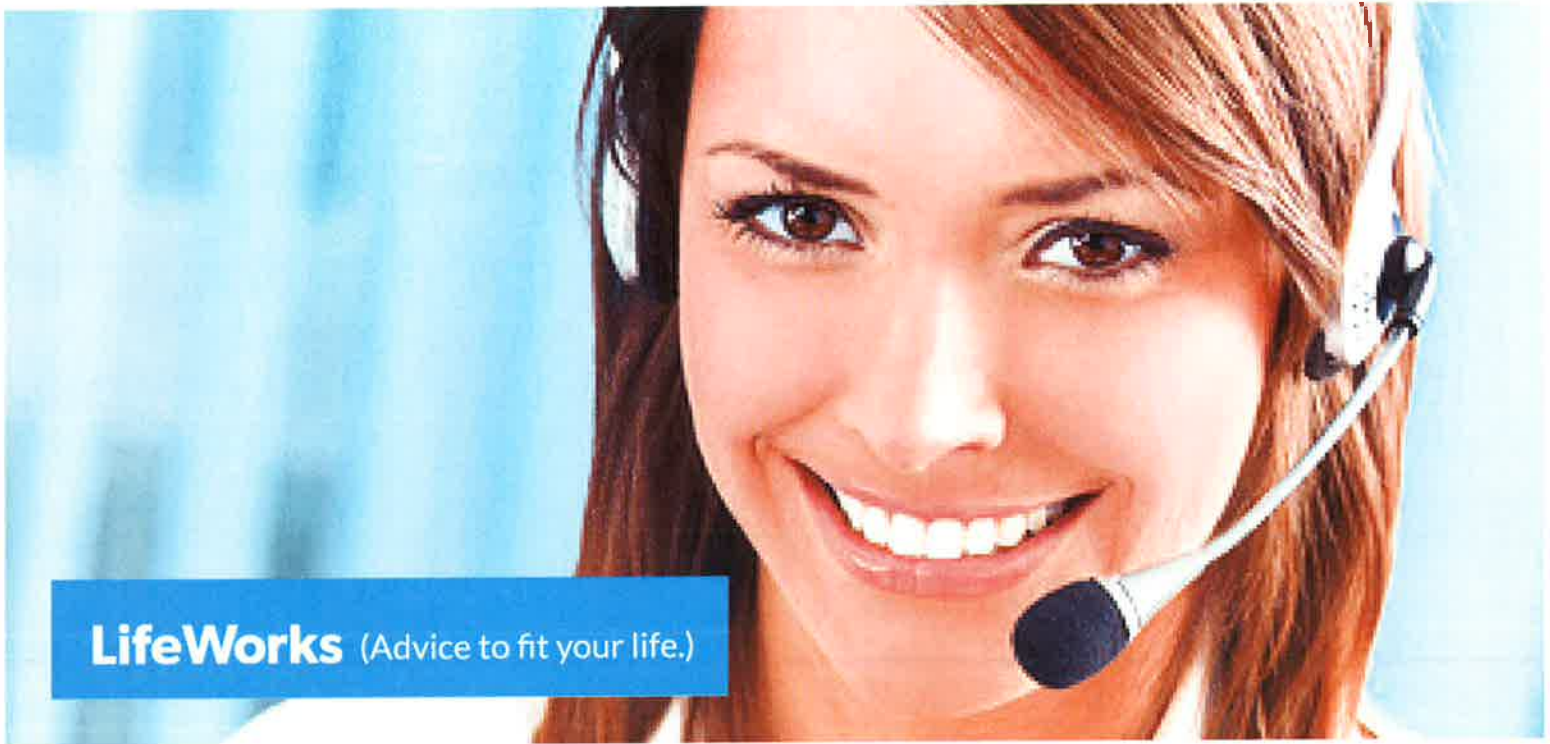
*Knowledge at your fingertips.*

GuidanceResources Online is your one stop for expert information on the issues that matter most to you... relationships, work, school, children, wellness, legal, financial, free time and more.

- › Timely articles, HelpSheets™, tutorials, streaming videos and self-assessments
- › "Ask the Expert" personal responses to your questions
- › Child care, elder care, attorney and financial planner searches

*Just call or click to access your services.*

Dearborn  National™



## Get caring, confidential, professional counseling face-to-face.

Are you facing a family problem, stress full times at work or a relationship issue? If you could use someone to talk to, the LifeWorks program is here for you. LifeWorks offers caring, professional counselor that you can talk to face-to-face. You can receive **up to three in-person sessions with a counselor—completely free**. LifeWorks has a national network of professional counselors who can help you, no matter what kind of situation you're facing. LifeWorks can help with a wide range of issues, including:

- Stress
- Relationships
- Family issues
- Problems at work
- Depression, anxiety or other mental health issues
- Addiction and recovery

When you call LifeWorks, you can discuss your concerns with a LifeWorks consultant who will connect you with an appropriate counselor in your local area—you'll be offered an appointment within a few business days. LifeWorks is available at no cost and it's **completely confidential**—no one at work or at home will be told that you called or why you're contacting us.

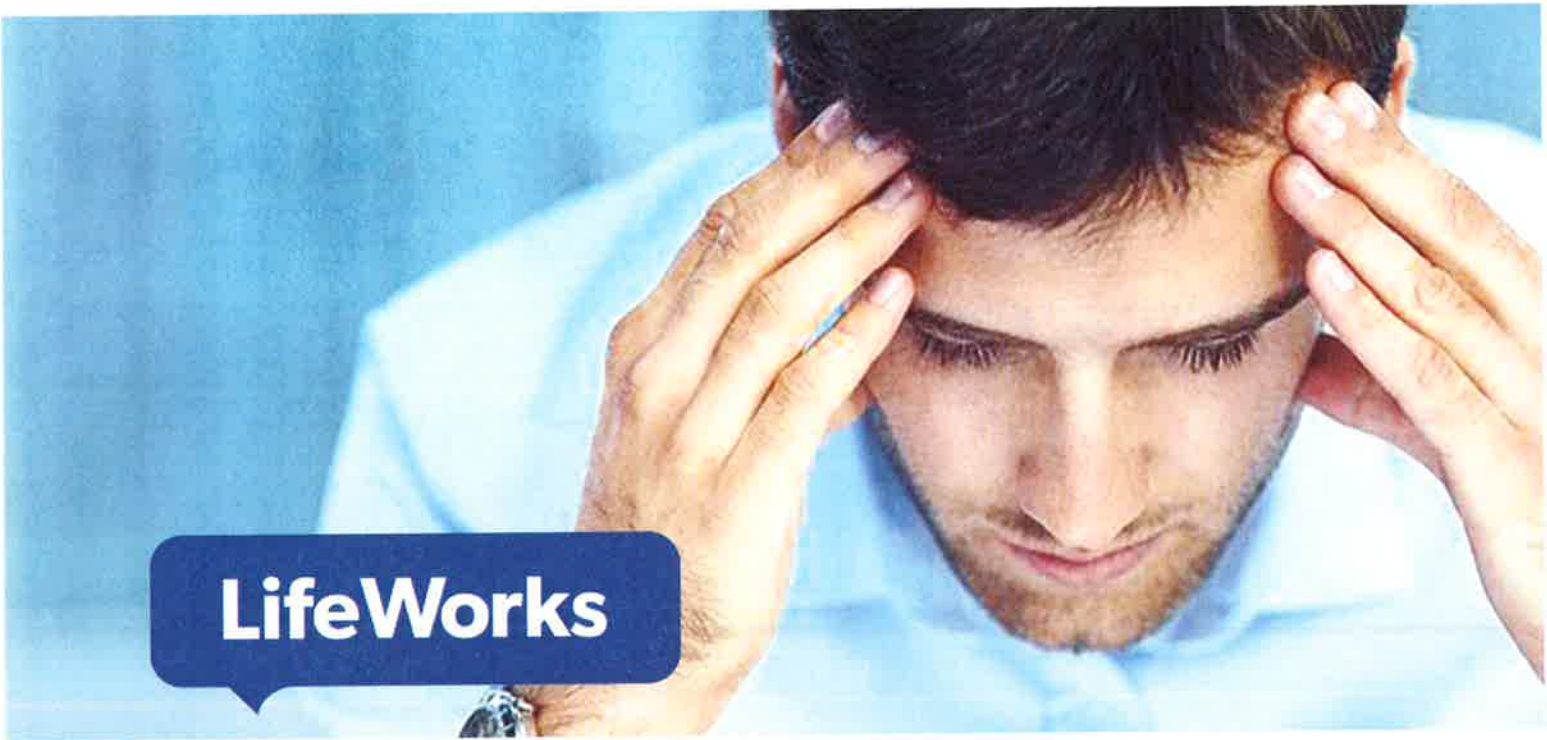
### Follow Us



Download the LifeWorks mobile app for your iPhone, Android or Blackberry—just search for "LifeWorks" in your app store.

Call LifeWorks at 888-267-8126 anytime. You can also visit [www.lifeworks.com](http://www.lifeworks.com) (user id: theaaa; password: lifeworks)






## Are you or someone you know struggling with addiction? Find out how LifeWorks can help.

Are you concerned about a family member, friend or colleague who has issues with alcohol or drugs? Are you worried about your own addictive behavior? The LifeWorks program is here to help. LifeWorks is **free and available 24/7**, whenever you need it, and it's **completely confidential**. No one at your workplace or home will be told that you're using the service. You can find online resources at [www.lifeworks.com](http://www.lifeworks.com) on alcohol and substance abuse and addiction, including an assessment, [Do You Have a Drinking Problem?](#), a recording, [When Someone You Love Has a Drinking Problem](#) or a booklet, [iCanQuit: Giving Up Tobacco](#). You can also read dozens of helpful articles including:

- [\*If You Suspect an Employee Has a Substance Abuse Problem\*](#)
- [\*Recognizing a Substance Abuse Problem and What to Do\*](#)
- [\*Drug and Alcohol Abuse: Warning Signs\*](#)
- [\*Prescription Drug Abuse\*](#)
- [\*Quick Facts About Alcohol Abuse\*](#)
- [\*Support Groups for Family and Friends of Substance Abusers\*](#)
- [\*What to Do If You Suspect a Co-Worker Has a Substance Abuse Problem\*](#)
- [\*What is Reasonable Suspicion?\*](#)
- [\*How to Help Someone Getting Past Resistance to Drug and Alcohol Treatment\*](#)
- [\*Treating Addiction\*](#)
- [\*How to Use the Employee Assistance Program\*](#)
- and many more!

Get the expert support and information you need. Visit [www.lifeworks.com](http://www.lifeworks.com) (username: theaaa; password: lifeworks).



**LifeWorks** (Advice to fit your life.)

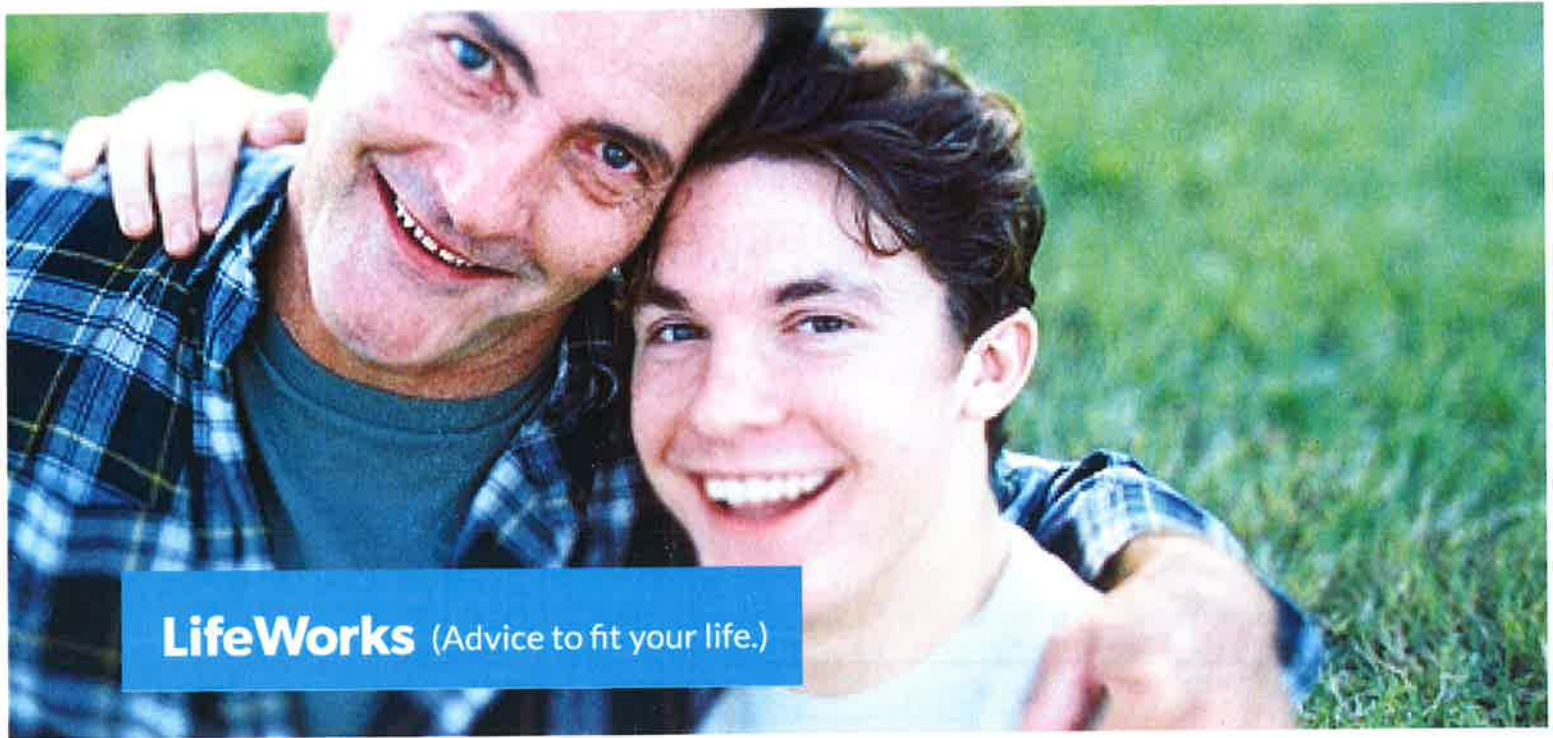
## Dealing with financial stress or uncertainty? Find out how LifeWorks can help.

Are you worried about your finances? Visit [www.lifeworks.com](http://www.lifeworks.com) (user id: **theaaa**, password: **lifeworks**) to listen to podcasts like [Coping with Money Worries](#) and read or download articles, including:

- [Coping with Uncertain Financial Times](#)
- [Couples and Money](#)
- [Quick Tips for Avoiding Debt When Money is Tight](#)
- [Financial Tips for New Parents](#)
- [Quick Tips for Spending Less](#)
- [Managing Your Money After Divorce](#)
- [Ten Steps to Take During Difficult Financial Times](#)
- [When Your Family Income Changes](#)

You can also listen to our series of [Money podcasts](#) or an online seminar, [Managing Your Money in Today's Economy](#) or check out our online financial calculators, easy-to-use worksheets and checklists, and more.

**Stressed out over your finances and need to speak to a LifeWorks counselor, call LifeWorks at 888-267-8126 to schedule an in office appointment. LifeWorks is available at no cost to you and is completely confidential.**



**LifeWorks** (Advice to fit your life.)

## Have questions about parenting a teen or a toddler? Find out how the LifeWorks program can help.

Sometimes it seem's as if being a parent today is more complicated than ever. Whether you're toilet-training your toddler, getting your five-year-old ready for kindergarten, wondering whether your 7<sup>th</sup> grader really needs a smart phone, or helping your teen cope with peer pressure, LifeWorks can help answer some of your trickiest questions. Go to [www.lifeworks.com](http://www.lifeworks.com) to (user id: **theaaa**, password: **lifeworks**) find expert resources that can help you handle a wide range of parenting issues, including our [Parenting as a Team toolkit](#), our weekly *Work-Life* and *Questions Parents Ask* blogs, or helpful articles including.

- [Returning to Work as a Nursing Mother](#)
- [How to Unspoil Your Child](#)
- [From Birth to Two Years: Developmental Milestones](#)
- [Sleep and Bedtime Routines for Older Babies and Young Toddlers](#)
- [Fun Activities for You and Your Child](#)
- [Getting Conversations Going with Your Teenager](#)
- [Looking for Child Care: When to Start, What to Do](#)
- [Talking About Adoption with Family and Friends](#)

If you would like to schedule an appointment with a LifeWorks counselor for face-to-face counseling call LifeWorks at 888-267-8126. LifeWorks is available at no cost to you and it's completely confidential.





**LifeWorks** (Advice to fit your life.)

## Dealing with a lot of stress in your life? The LifeWorks program is here to help.

Feeling stressed out? Do you need a break in your day to calm down and just breathe? Let LifeWorks help. Visit [www.lifeworks.com](http://www.lifeworks.com) and go to the online [Calm Room](#) to find a series of calming exercises you can do anytime, mostly in less than ten minutes. Or explore other online resources including a quiz, [Is a Traumatic Event Causing You Stress?](#), our [Stress podcast series](#), a recording, [Breathe: Managing Stress](#), and articles like

- [Quick Tips for Managing Stress](#)
- [Handling Stress Together](#)
- [Managing Your Moods at Work](#)
- [Choosing a Counselor or Therapist](#)
- and many more

Need to speak to someone? Call LifeWorks to schedule an appointment to go in office to speak with a counselor. The service is completely confidential and it's provided by American Abulance Association at no cost to you.

Call LifeWorks at 888-267-8126 anytime. You can also visit [www.lifeworks.com](http://www.lifeworks.com)  
(username: theaaa; password: lifeworks)

