



### EAP – Confidential Counseling

This no-cost counseling service helps you address stress, relationship and other personal issues you and your family may face. It is staffed by GuidanceConsultants<sup>SM</sup>—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



### FamilySource<sup>®</sup>

Our FamilySource 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



### LegalConnect<sup>®</sup>

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



### FinancialConnect<sup>®</sup>

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

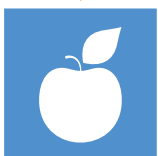
- Getting out of debt
- Credit card or loan problems
- Tax questions
- Retirement planning
- Estate planning
- Saving for college



### GuidanceResources<sup>®</sup> Online

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<sup>SM</sup>, tutorials, streaming videos and self-assessments
- Ask the Expert™ personal responses to your questions
- Child care, elder care, attorney and financial planner searches



### Stress Management

Your stress management program provides personalized support to help you identify sources of stress and learn effective stress management skills. You’ll work one-on-one over the phone with a certified health coach who will help you to:

- Identify your sources of stress, stress symptoms and current coping strategies
- Distinguish between controllable and non-controllable stressors
- Recognize your stress “triggers”

# Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life’s challenges.

Your Physician Work-Life Solutions offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 800.505.1879

TDD: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant<sup>SM</sup>, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceResources<sup>®</sup> Now

Web ID: SCPMG

Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

# 24/7 Support, Resources & Information



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