

Living Resources

Your Life. Your Work. Your Best.[®]

Your Living Resources Program

Sometimes life can feel overwhelming. It doesn't have to. Your Living Resources program provides confidential counseling, expert guidance and valuable resources to help you handle any of life's challenges, big or small.

Services:

Confidential Emotional Support

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

Work and Lifestyle Support

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

Legal Guidance

- Divorce, adoption and family law
- Wills, trusts and estate planning
- Free consultation and discounted local representation

Financial Resources

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more

Digital Support

- Connect to counseling, work-life support or other services
- Tap into an array of articles, podcasts, videos, slideshows
- Improve your skills with On-Demand trainings

Online Will Preparation

- Quickly and easily complete a will on your computer with EstateGuidance[®]
- Specify guardians, trustees and property division
- Provide funeral and burial instructions

Well-Being Support

- Make positive lifestyle changes with one-on-one coaching
- Improve your sleep habits, weight management and stress control efforts
- Get help with goal setting, building resiliency, time management and more

Life is challenging. We can help.
Confidential 24/7 support.



COMPSYCH[®]
GuidanceResources[®] Worldwide



24/7 Live Assistance:
Call: 844.207.5465
TRS: Dial 711



Online: guidanceresources.com
App: GuidanceNowSM
Web ID: LivingME

