

## Living Resources

# Holistic Support from your Living Resources Program

## Find Emotional Balance, Improve Well-Being with the Enhanced Living Resources Program

Personal setbacks, emotional conflicts or just the demands of daily life can affect your work, health and family. With help from your Living Resources Program, they don't have to. This company-sponsored benefit gives you and your family no-cost access to confidential, caring support. With the latest enhancements to the program, you can even choose what level of support you want and how you want it delivered: in person, over the phone or via our smartphone app.

### An App-based Solution

Looking to enhance your well-being in complete privacy without the hassle of appointments? The digital self-care tools on our smartphone apps can help you tackle stress, depression and other common mental health issues—whenever and wherever you have the time. Just log on and follow the prompts to be guided through simple exercises and techniques to improve your mood, outlook and overall health.

### Well-Being Coaching

In today's high-pressure world, our well-being often takes a back seat to the demands of work and family life. As a result, our physical, social, and emotional balance can be negatively impacted. Well-Being Coaching can help you regain that balance so you can be your best, at work and at home. Connect today with one of our certified personal coaches. They work one-on-one with you over five individual sessions to reduce roadblocks and risks — addressing health and well-being holistically, before they evolve into long-term, costly problems.

### Confidential Emotional Support

Sometimes our mental health needs require more intensive support. In that case, personal counseling may be your best option. The EAP offers 5 free counseling sessions per issue, per year for you and each of your household members. Scheduling is quick and easy, and our extensive network of providers allows you to choose a local therapist whose training, schedule and profile suit your needs. You can opt to meet in person, over the phone or via video link.

Call your Living Resources Program's toll-free number anytime to request an appointment with a counselor or personal coach. Or log on to [guidanceresources.com](https://guidanceresources.com) to access the Connect to Care menu or to download the app.



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## 24/7 Live Assistance

**Call:** 844.207.5465 | **TRS:** Dial 711

**Online:** [guidanceresources.com](https://guidanceresources.com) | **App:** GuidanceNow<sup>SM</sup> | **Web ID:** LivingME

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