Talking helps.
Especially when an expert is listening.

Listening—and keeping what you say confidential—is what we do. Whether it’s job pressures, getting out of debt or anything else causing you stress, your Employee Assistance Program (EAP) is here to help with expert advice.

Unlimited toll-free access to general guidance counselors
- Someone to listen
- Offer advice
- Provide referrals to appropriate resources

Up to five face-to-face sessions each year¹
- Individual counseling
- Legal support
- Financial planning

Online resources available 24/7
- Timely articles
- Tutorials
- “Ask the expert” tool
- Will preparation program

Help that’s there when you need it.

Call 1-888-327-9573 anytime 24/7 to speak with a general guidance counselor.

www.guidanceresources.com
Web ID: SYMETRA

¹ In California, counseling sessions are limited to three sessions in a six-month period.