



### Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

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



### Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



### Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more

Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



### Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy
- WellthSource<sup>SM</sup> digital financial education and planning tools



### Online Support

GuidanceResources<sup>®</sup> Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions



### Well-Being Coaching

Connect today with one of our certified personal coaches. Their one-on-one services are available over the phone or via video link and cover a variety of issues, including:

- Tackling burnout and work-life balance
- Developing self-compassion and resiliency
- Improving sleep and more



### Interactive Digital Tools

Our digital self-care platform offers interactive Computerized Cognitive Behavioral Therapy (CCBT) tools and resources. Log on for:

- Guided programs for anxiety, depression, mindfulness, sleep, stress and more
- Personalized, guided resources and motivational support
- Secure access through GuidanceResources<sup>®</sup> Online

## Contact Us... Anytime, Anywhere

**No-cost, confidential solutions to  
life's challenges.**

LifeResources offers someone to talk to and resources to consult whenever and wherever you need them.

The LifeResources Employee Assistance Program (EAP) is available to employees and retirees of Member Groups that offer HealthTrust medical coverage and their eligible dependents and household members.

**Call: 800.759.8122 | TRS: Dial 711**

The LifeResources 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:** Log in to your account on HealthTrust's Secure Enrollee Portal and click on the LifeResources button. You can also visit [guidanceresources.com](https://guidanceresources.com) or download the apps listed below and enter the Web ID – **LIFERESOURCES** – to create your username and password.

**App:** GuidanceNow<sup>SM</sup> (EAP)

**App:** Koa Foundations (CCBT)

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

## 24/7 Support, Resources & Information



GuidanceResources<sup>®</sup>  
Online



KOA Foundations  
(for CCBT resources)