

A photograph of a person standing on a mountain peak, looking out over a vast, hazy landscape under a bright sky. The person is wearing a blue jacket and light-colored pants. The foreground shows a dirt path leading up to the peak, with some snow patches.

The resources you need to meet life's challenges.

Need help? We've got you.

OUR NEW EMPLOYEE ASSISTANCE PROGRAM (EAP) IS HERE!

→ **Free & Confidential Support – 24/7**

→ **Call or Go Online Anytime**

- > 888-628-4824
- > [guidanceresources.com](https://www.guidanceresources.com)
- > Web ID: LFGSupport

DON'T FORGET TO DOWNLOAD THE MOBILE APP!



→ **What You Get**

- > Talk to a real person anytime
- > Free, private counseling (up to 5 visits) per issue, per year
- > Help with stress, anxiety, family issues
- > Legal & financial help
- > Support for everyday life problems

→ **Who Can Use It**

- > You
- > Your spouse
- > Your kids
- > Anyone in your household

→ **100% Confidential**

No one at ConGlobal will know you used it.

→ **Need Help Now?**

Call, go online, or download the GuidanceNow App.

DON'T WAIT!

If something's bothering you—use it. That's what it's here for.