

# 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

#### 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

#### 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

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

