

Online *support*



Download the free
GuidanceNow app
for anytime access

Register as a new user
on guidanceresources.com
using your organization's
Web ID.

Download the app from
either the App Store or
Google Play.

Log in using your username
and password.



App Store



Google Play

What you want. When and how you want it.

The GuidanceResources® portal and app ensure you have the right support, at the right time, and in the right way. Whether you are looking for immediate access to tools and services, would like individualized resources suggested to you, or want a more holistic experience with highly-personalized care recommendations, you will find it on the guidanceresources.com platform and the GuidanceNowSM app.

Log on today for information on the issues that matter most to you: mental health, relationships, work, school, parenting, wellness, legal, financial, free time, and much more. With 24/7 access online and on the app, you can get the info you need when and where you need it.

Log on:



Schedule counseling,
Work-Life, Legal, and
Financial guidance



Take the Assess Me
journey to create
your personalized
Well-Being plan



Browse an extensive
library of videos,
articles, podcasts,
and slideshows



And much more



Live
Assistance

Call: 833-955-3386
App: GuidanceNowSM
Online: guidanceresources.com

TRS: Dial 711
Web ID: KAIROSEAP



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resources



Life is challenging. We can help.

We're your GuidanceResources® program.

Talk to us for the tools you need to handle any of life's challenges, big or small.

Our Services:



Confidential Counseling

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



Work and Lifestyle Support

- Child, elder, and pet care
- Moving and relocation
- Shelters, government assistance



Legal Guidance

- Divorce, adoption, family law
- Wills, trusts, estate planning
- Free consultation and discounted local representation



Financial Resources

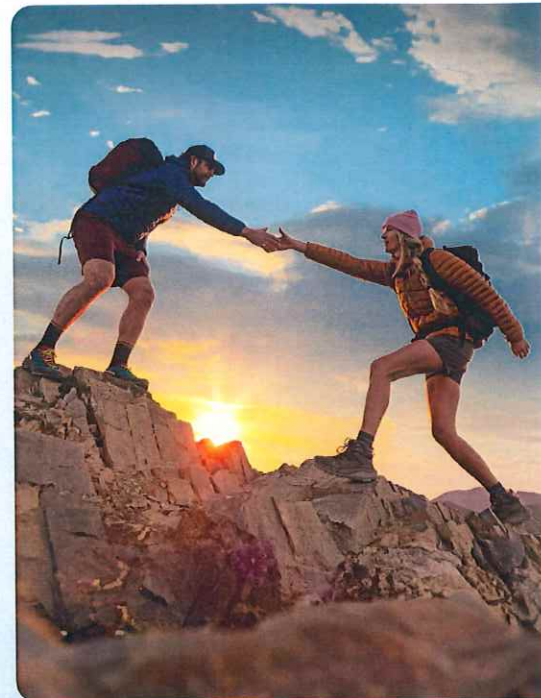
- Financial planning, retirement, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy



Digital Tools and Support

- Immediate connection to counseling, work-life support, and more
- Personalized guided behavioral health and well-being programs
- Interactive articles, videos, on-demand trainings, digital self-care tools
- Accessible resources for anxiety, stress, mindfulness, sleep, and more

Explore your program:
Scan for video tour!



**Confidential
24/7 support,
when and where
you need it.**

Call 833-955-3386 to speak to a highly trained, caring professional.

Go to guidanceresources.com
and enter your company
ID: KAIROSEAP

Assistance is always confidential.
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24/7

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