



GuidanceResources®

# How does counselling help?



**American English:** <https://youtu.be/7tLDia4fYBc>

“Counselling is based on the concept that developing a trusting, confidential relationship with a professional counsellor and honestly exploring your feelings, concerns and emotional needs can bring greater insight into the difficulties you may be experiencing.....”



**American English:** <https://youtu.be/nazaK00EoRM>

**UK English:** [https://youtu.be/\\_Ekl4-7hQN0](https://youtu.be/_Ekl4-7hQN0)

**French:** <https://youtu.be/iNZoAHFcnAo>

**Spanish:** <https://youtu.be/eKncbNO5Uro>

**German:** <https://youtu.be/TbkLChbZxcU>

**Chinese:** <https://youtu.be/1iD8sfZyn6A>  
<https://v.qq.com/x/page/q0542fyh7i5.html>

GuidanceResources® is a confidential, free benefit provided by Health Assured, offering short-term counselling as well as information and resources on emotional, financial, legal, family and work-life issues.

Watch this brief video for an overview of how Employee Assistance Programme can help you and your household members address personal challenges, support positive change and improve overall well-being.

To access these complimentary, confidential services, call your country phone number or visit [www.guidanceresources.com](http://www.guidanceresources.com), **Web ID:** HealthAssuredEAP

## Here when you need us.

Call: Your country local phone number

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceNow<sup>SM</sup>

Web ID:

health assured