

Surviving the Storm

In turbulent times, your Employee Assistance Programme is a lifeline. Our counselling, self-improvement tools and solutions for everyday issues can help you weather any storm, at home or at work. The services are free, confidential and available all day, every day to you and your household members.

Here when you need us.

App: GuidanceNowSM

Online: [guidanceresources.com](https://www.guidanceresources.com)

Web ID:

health assured

Guidance
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SEEK CLARITY

Your Employee Assistance Programme can help. Our counselling, self-improvement tools and solutions for everyday issues can help you discover what you need to be your best, at home and at work. The services are free, confidential and available all day, every day to you and your household members.

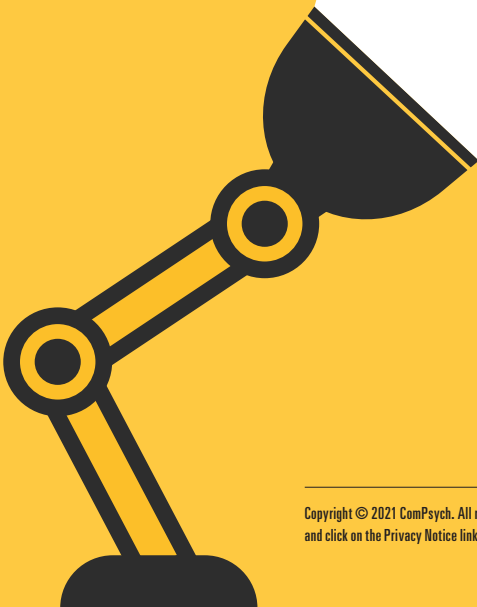
Shine your light.

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Your Employee Assistance Programme

Our counselling, self-improvement tools and solutions for everyday issues can help you be your best, at home and at work. These services are free, confidential and available all day, every day to you and your household members.



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Discover New Horizons

Let your Employee Assistance Programme give you a boost. Our counselling, self-improvement tools and solutions for everyday issues can help you achieve your goals, at home and at work. The services are free, confidential and available all day, every day to you and your household members.

We can help.

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Rise and Shine

Our counselling, self-improvement tools and solutions for everyday issues can help you be your best, at home and at work. These services are free, confidential and available all day, every day to you and your household members.

Here when you need us.

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Yes, You Can!

Empower yourself with your Employee Assistance Programme. Our counselling, self-improvement tools and solutions for everyday issues can help you reach your goals, no matter what they may be. The services are free, confidential and available all day, every day to you and your household members.

Be your best.

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