



Stay on Point

With all of life's distractions, that can be hard. Your Employee Assistance Program can help. Our counselling, self-improvement tools and solutions for everyday issues can help you 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. Sharpen your focus.

Here when you need us.

Call: 833.515.0766

TTY: 877.373.4763

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: SSBAEFAP



Find Focus

Sometimes it's hard to see clearly. Your Employee Assistance Program can show you how. Our counselling, self-improvement tools and solutions for everyday issues can help you 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. Improve your vision.

Here when you need us.

Call: 833.515.0766

TTY: 877.373.4763

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: SSBAEFAP



Depression Warning Signs

Depression is a treatable medical illness involving an imbalance of brain chemicals called neurotransmitters and neuropeptides. What are the symptoms?

- Prolonged sadness or unexplained crying spells
- Significant changes in appetite and sleep patterns
- Irritability, anger, worry, agitation, anxiety
- Loss of energy, persistent lethargy and others

If you are feeling depressed, don't wait. Get help from your Employee Assistance Program today.

Here when you need us.

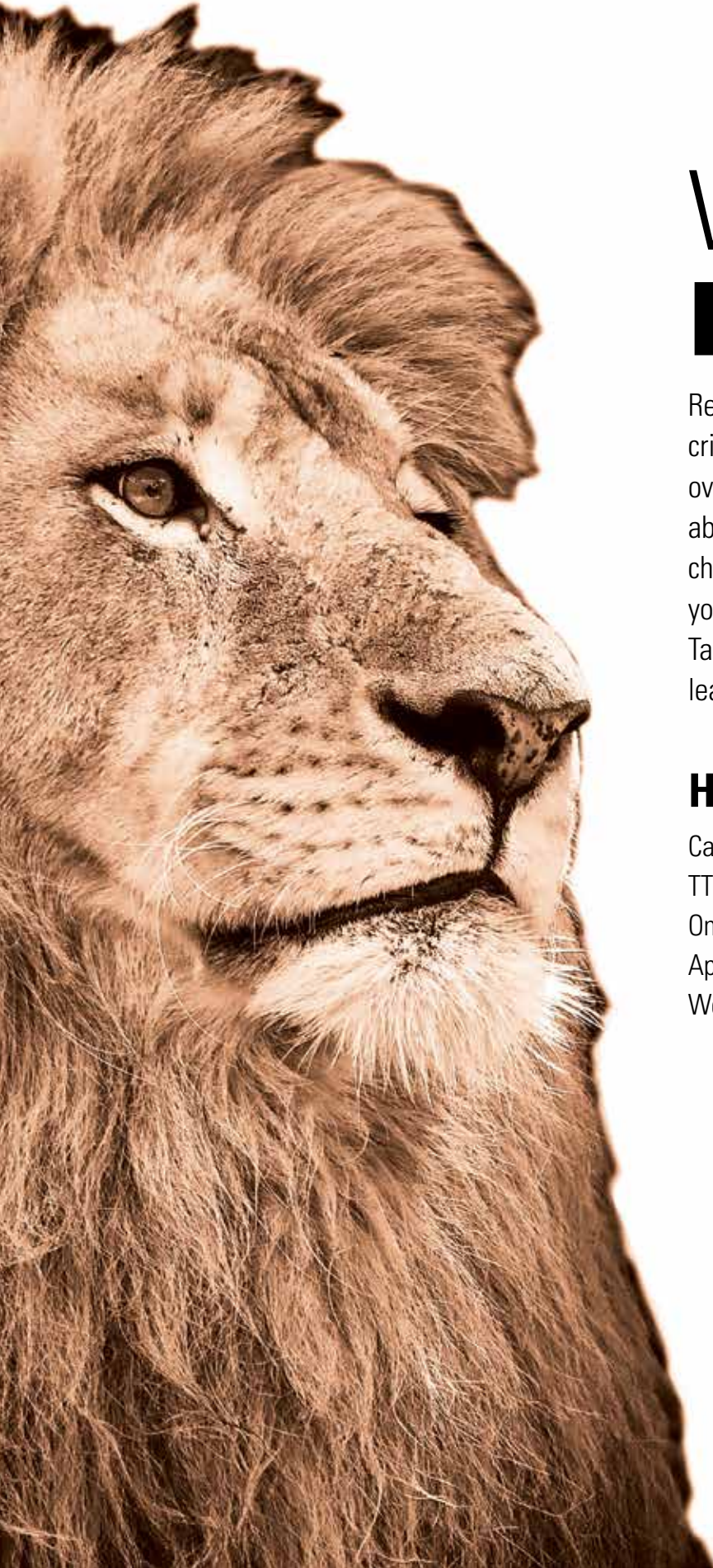
Call: 833.515.0766

TTY: 877.373.4763

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: SSBAEFAP



What Is **Resilience?**

Resilience is more than coping; it's about confronting crises and difficult situations without getting overwhelmed by them. Resilient people are better able to handle life's stressors and to adapt to changing situations. Being resilient can help protect you from stress, as well as depression and anxiety. Talk to your Employee Assistance Program today to learn how to build your resilience.

Here when you need us.

Call: 833.515.0766

TTY: 877.373.4763

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: SSBAEFAP



Mental Benefits of **Exercise**

The physical benefits of exercise are numerous. But did you know that exercise also has mental benefits? These include: lower stress levels, better mood, increased self-esteem, more energy and better sleep patterns. Exercise can also help you to develop a more positive outlook on life as well as help you look better and feel good about yourself. For more tips, talk to your Employee Assistance Program.

Here when you need us.

Call: 833.515.0766

TTY: 877.373.4763

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: SSBAEFAP



Developing Good Habits

To make a positive change, think about what you would like to accomplish and research which habits you should implement to achieve these goals. Write down your goals and get started by executing your new healthy habit at least once a day. Keep track of your progress and setbacks, then keep at it. It can take up to six months to adapt to a new habit. For more tips, talk to your Employee Assistance Program.

Here when you need us.

Call: 833.515.0766

TTY: 877.373.4763

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: SSBAEFAP



Protect Your Heart

You don't have to be a dedicated athlete to maintain a healthy heart and avoid cardiovascular disease. Keeping track of a few numbers like cholesterol and blood pressure and making a few small lifestyle changes are all you need to put yourself on the road to sound heart health. Talk to your Employee Assistance Program for more tips.

Here when you need us.

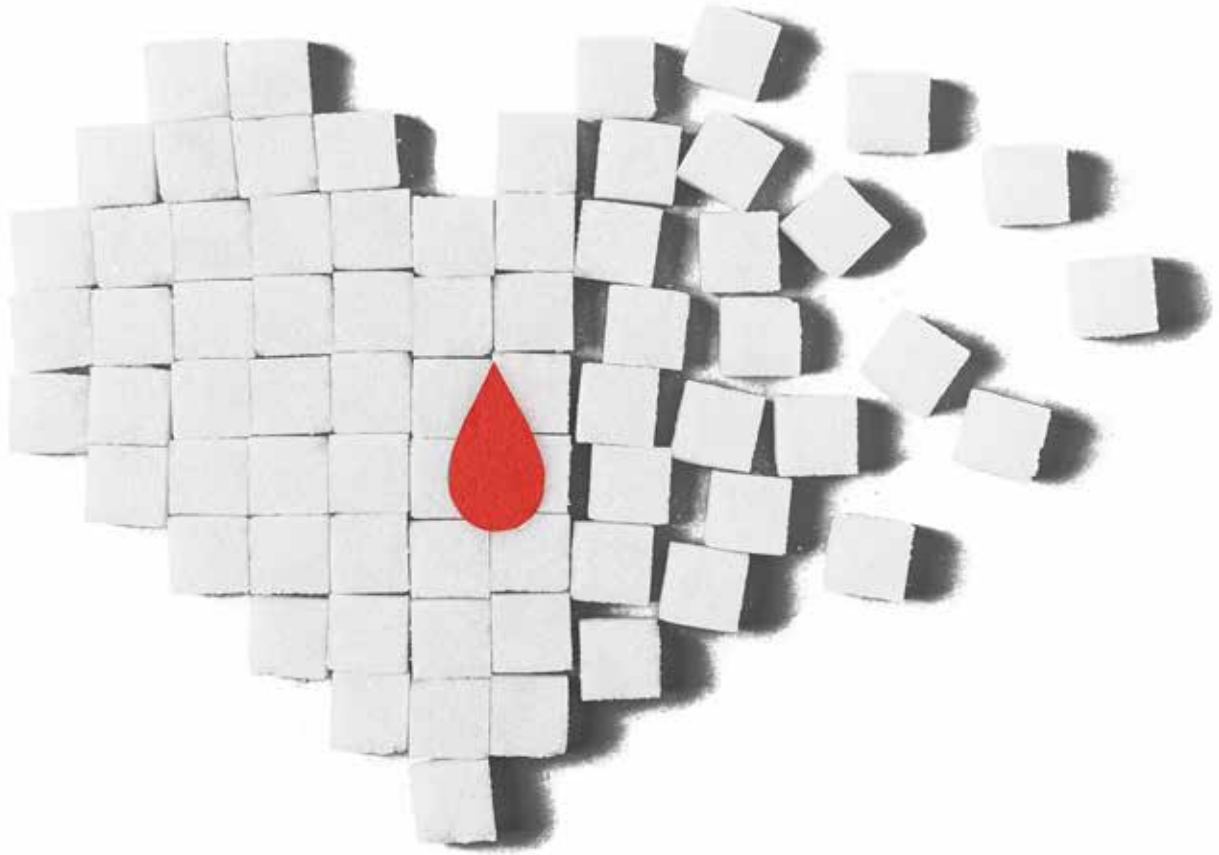
Call: 833.515.0766

TTY: 877.373.4763

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: SSBAEFAP



Diabetes Awareness

Over time, complications from diabetes can cause serious health problems, such as heart disease, vision loss and kidney disease. There isn't a cure yet, but healthy lifestyle habits, taking medicine as needed, getting diabetes self-management education and keeping appointments with your healthcare team can greatly reduce its impact on your life. Talk to your Employee Assistance Program for help.

Here when you need us.

Call: 833.515.0766

TTY: 877.373.4763

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: SSBAEFAP



Don't Forget.

Your Employee Assistance Program is here to help. Our counselling, self-improvement tools and solutions for everyday issues can help you 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. Live large.

Call: 833.515.0766

TTY: 877.373.4763

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: SSBAEFAP



Rise Above the Everyday

Your Employee Assistance Program can show you how. Our counselling, self-improvement tools and solutions for everyday issues can help you 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. Take off.

Here when you need us.

Call: 833.515.0766

TTY: 877.373.4763

App: GuidanceNowSM

Online: guidanceresources.com

Web ID: SSBAEFAP

Need help sorting it out?

Your Employee Assistance Program can show you how. Our counselling, self-improvement tools and solutions for everyday issues can help you 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. We can help you get it together.

Here when you need us.

Call: 833.515.0766

TTY: 877.373.4763

App: GuidanceNowSM

Online: guidanceresources.com

Web ID: SSBAEFAP



WISHING FOR MORE?

Your Employee Assistance Program can help you get there. Our counselling, self-improvement tools and solutions for everyday issues can help you 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. Why wait? Call today.

Here when you need us.

Call: 833.515.0766

TTY: 877.373.4763

App: GuidanceNowSM

Online: guidanceresources.com

Web ID: SSBAEFAP