

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 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 if needed



Financial Planning

- Retirement savings, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



Digital Tools

- Connect to counseling, work-life support or other services
- Personal assessment tools and customized well-being plans
- Articles, podcasts, videos, slideshows



Well-being Support

- One-on-one Well-Being Coaching for positive lifestyle changes
- Personalized Health Assessment to identify risks and areas for improvement
- Interactive activities to improve mental well-being
- Guidance for nutrition and exercise, motivation, overall well-being

Explore your program:
Scan for video tour!



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

Call 800.272.7255 to speak to a highly trained, caring professional.

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

Assistance is always confidential.
View our privacy notice at
guidanceresources.com/privacy



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Assistance

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