

Your GuidanceResources® Program

Your GuidanceResources® Program is available to help during the recovery from a hurricane. The program is provided free of charge and offers someone to talk to or resources to consult whenever and wherever you need them. These services are strictly confidential and available to you and your immediate family members 24 hours a day, seven days a week, by phone or online.



Confidential, No-cost Counseling

Stress, anxiety, depression and grief are to be expected during difficult times. Our GuidanceConsultantsSM, highly trained and caring clinicians, can listen to your concerns and find help in your area. Call for assistance with:

- Anxiety, depression or other mental health issues
- Grief, loss and other life adjustments
- The pressure of getting life back to normal after an upheaval



Custom Solutions

Our experts can provide customized, effective solutions to address your unique situation. Call us and we'll research anything you need, providing qualified referrals and resources by email, fax or second-day mail, including:

- Child and elder care resources
- Locating home repair contractors or disaster recovery resources
- Making major purchases or finding pet care



Legal Support and Guidance

Talk to our in-house attorneys for practical assistance with your most pressing legal issues. If you require representation, we can refer you to a qualified attorney in your area for a free, 30-minute consultation, as well as a 25 percent reduction in standard legal fees thereafter. We're here to help with:

- Denied insurance claims, civil or criminal procedures
- Tenant/landlord conflicts
- Contractor issues during rebuilding



Financial Guidance and Resources

Our in-house staff of Certified Public Accountants and Certified Financial Planners are experts on a wide range of financial issues. They have the knowhow to put you on the right path and can talk to you about:

- Insurance claims
- Loans, financial assistance and other aid for rebuilding homes and property
- Dealing with debt and other financial matters during emergencies



GuidanceResources® Online

Our award-winning website is your resource for expert information on the issues you face. With 24/7 access, you can get the info you need when you need it in a language you can understand. Go online for:

- Timely articles, podcasts, videos, tutorials and slideshows
- Online communities for support and education
- "Ask the Expert" personal responses to your questions

Here when you need us.

Call: **TTY: 800.697.0353**

Online: guidanceresources.com

App: **GuidanceNowSM**

Web ID: