

# Life Resources



## Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



## Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



## Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



## Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

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



## Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions



## Wellness Coaching

HealthyGuidance® health coaching helps you make positive lifestyle changes for:

- Nutrition, exercise, weight loss
- Tobacco cessation, back care, resiliency, sleep coaching
- Healthy pregnancy, diabetes prevention and more



## Free Online Will Preparation

EstateGuidance® lets you quickly and easily create a will online.

- Specify your wishes for your property
- Provide funeral and burial instructions
- Choose a guardian for your children

# Contact Us... Anytime, Anywhere

**No-cost, confidential solutions  
to life's challenges.**

## Life Resources.

Everyday support and guidance for you and your family.

**Call: 1.866.641.03847**

**TDD: 800.697.0353**

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant<sup>SM</sup>, who will answer your questions and, if needed, refer you to a counselor or other resources.

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

**App: GuidanceResources® Now**

**Web ID: JCrew**

Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

# 24/7 Support, Resources & Information

*Madewell* crewcuts J.CREW J.CREW FACTORY J.CREW MERCANTILE

## Contact Your Life Resources Program

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