

Confidential Emotional Support

Personal setbacks, emotional conflicts or just the demands of daily life can affect your work, health and family. With help from your GuidanceResources program, they don't have to. Our highly trained clinicians will listen to your concerns and help you or your family members with any issues.

Call any time with personal concerns, including:

- Stress, anxiety and depression
- Marital and family conflicts
- Alcohol or drug use
- Job pressures
- Dealing with change
- Grief and loss

24/7 Support, Resources and Information

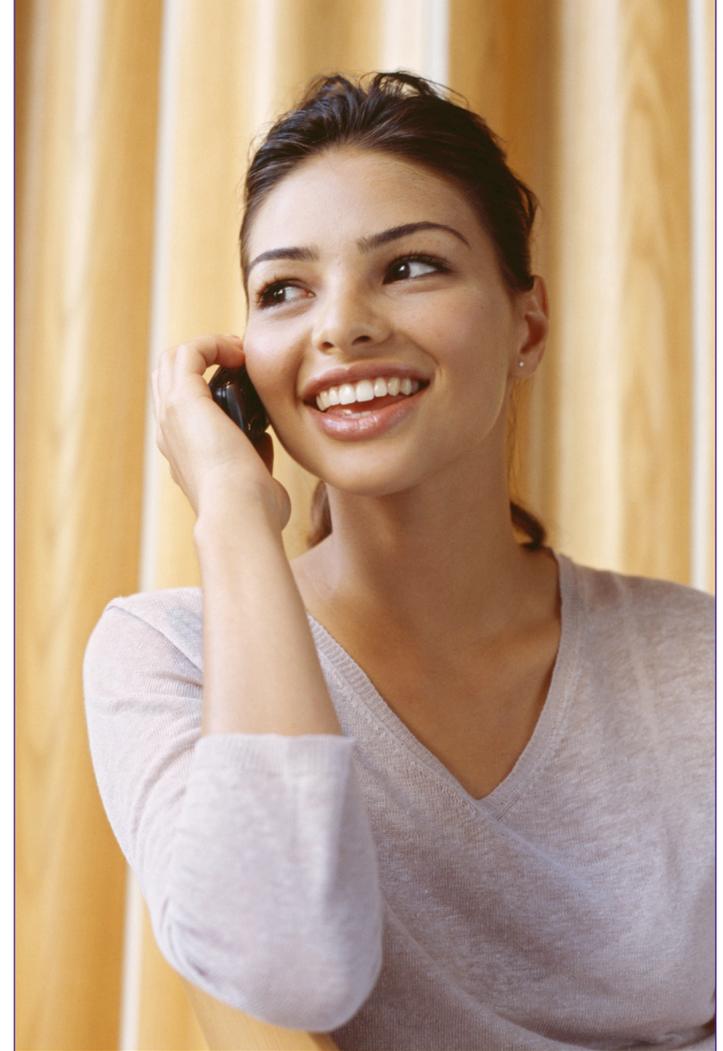
Call: 844.216.8399

TDD: 800.697.0353

Online: guidanceresources.com

App: GuidanceResources® Now

Web ID: PARKLAND



Parkland

Office of Talent Management

Work-Life Solutions

Just call your GuidanceResources toll-free number. Our Work-Life Specialists will research your question and, in just a few business days, send you a complete packet of practical information, including prescreened referrals, articles on your topic and much more.

Call any time for assistance with topics, including:

- Finding child or elder care
- Housing searches
- Seeking financial assistance
- Finding pet care
- Sending a child off to school
- Planning a major project or event

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Legal Guidance

Just call your GuidanceResources toll-free number. You'll be connected to a GuidanceConsultantSM who will talk with you about your situation and schedule a phone appointment for you with one of our staff attorneys. If you need more immediate help, you can be connected to an attorney directly.

Our attorneys can help you with:

- Family law matters, including divorce, custody, child support and adoption
- Bankruptcy and credit issues
- Landlord/tenant issues, including eviction and lease questions
- Real estate and foreclosure questions
- Immigration concerns
- Wills and living wills

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Financial Resources

Just call your GuidanceResources toll-free number. You'll be connected to a GuidanceConsultantSM who will talk with you about your specific situation and schedule a phone appointment for you with one of our financial experts.

Our in-house staff includes Certified Public Accountants, Certified Financial Planners and other professionals dedicated exclusively to providing financial information to you by phone.

Our financial experts can help you with:

- Credit card and debt management
- Budgeting, retirement and estate planning
- Tax and real estate questions
- Financing for college
- Investment options
- Mortgages, loans and refinancing

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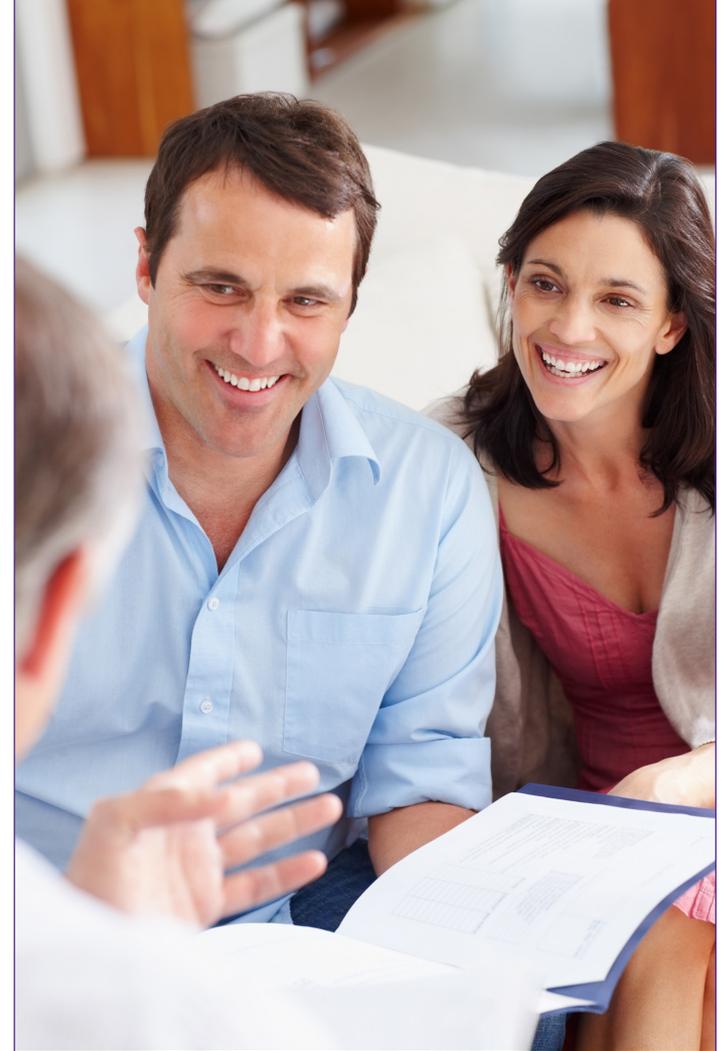
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