



Employee Assistance Program (EAP)

Disability Resource Services™ —Confidential Care and Support When You Need it!



**Whatever the problem,
we can help!**

Personal issues

Emotional Support

Stress

Family Issues

Work/Life Solutions

Financial Concerns

Legal Questions

Caring & Confidential

**Disability
Resource Services™**

In the U.S. and Canada, call

866-899-1363

TDD: 800-697-0353

GuidanceResources.com

Enter your NHC company ID:
DISRES



Scan the QR Code to access
Guidance Resources

Face-to-Face Sessions

Three face-to-face sessions per issue in a geographically accessible location to address emotional or behavioral issues.

Unlimited Telephonic Support

Unlimited telephonic support (24 hours a day, 7 days a week) to help address emotional or behavioral issues. Master’s degree level clinicians use a conversational approach to identify issues, assess needs and refer to specialists to help resolve any issues.

Web-Based Services

GuidanceResources® Online (GuidanceResources.com) is a secure, password-protected website that contains self-assessments, extensive content on personal health and powerful tools to help with personal, relational, legal, health and financial concerns. This service is free of charge to partners and their immediate family. It covers many topics and personal concerns, such as:

- Alcohol and drug abuse
- Depression
- Divorce and family law
- Estate planning
- Grief and loss
- Job pressures
- Managing debt obligations
- Marital and family conflicts
- Saving for college
- Stress and anxiety
- Tax questions
- Real estate buying and selling

To Access Your Services



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ONLINE

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Click “Register” to create a new account.
Enter your NHC company ID: **DISRES**