

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

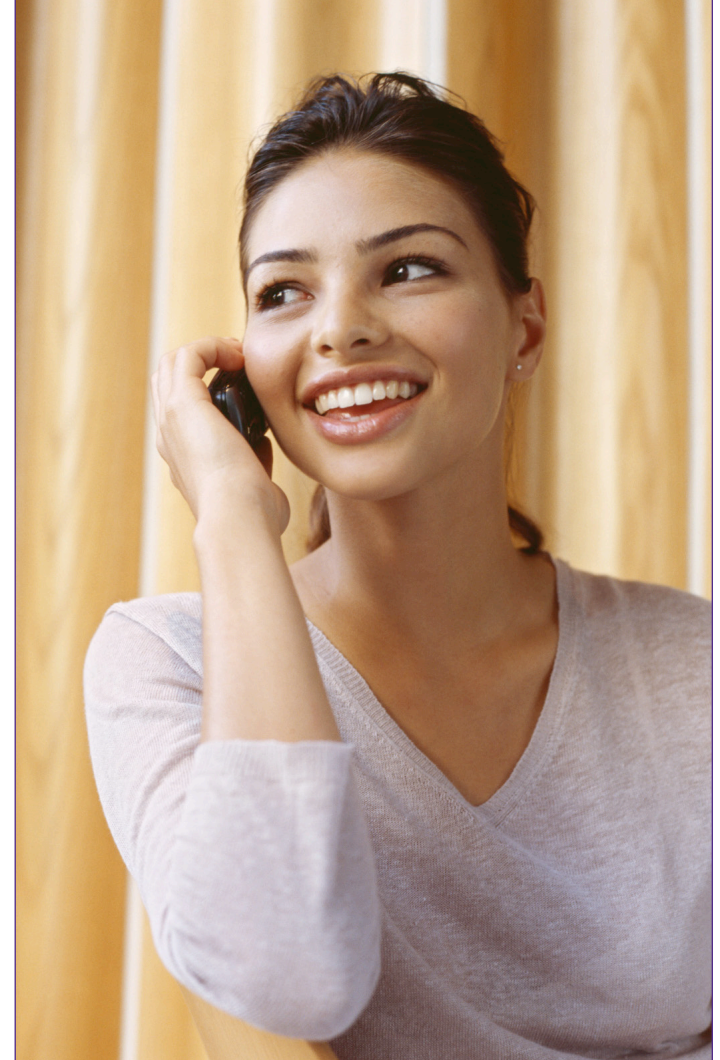
Call: 844.216.8399

TDD: 800.697.0353

Online: guidanceresources.com

App: GuidanceResources® Now

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Parkland

Office of Talent Management