



# HELPING YOU FEEL BETTER. LIVE BETTER. TODAY.

Confidential therapy, counselling, coaching and tools for you.

- Anxiety, depression, stress
- Substance abuse
- Relationship/martial or family conflicts
- And much more!

  
**SAMUEL**<sup>1855</sup>

## AVAILABLE TO EVERYONE

Confidential,  
24/7 support:

 [guidanceresources.com](http://guidanceresources.com)  
Web ID: SamuelEAP

 1-866-365-0893

## HAVE MEDICAL COVERAGE?

Comprehensive,  
long-term support:

 [myuhc.com](http://myuhc.com)

 1-855-272-7976

## FOR URGENT HELP



Suicide or crisis lifeline  
Call or text **988**



Substance abuse helpline  
Call **1-855-780-5955**