

Health & Wellness



Your GuidanceResources® Program

Contact us anytime for confidential assistance available to you and your dependents free of charge. The program is a partnership with Albemarle County and is available immediately when hired.



“I had no idea how much
GuidanceResources has to offer.
I’m so glad I called. They really
helped me when I needed it
most.”

Contact Us

ANYTIME, ANYWHERE

Your GuidanceResources® program is available to you and your dependents and offers someone to talk to and resources to consult whenever and wherever you need them free of charge.

Call: 833.306.0108

TTY: 800.697.0353

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

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: ALBEMARLE

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**



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
- 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

Contact Your GuidanceResources® Program

Call: 833.306.0108

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: ALBEMARLE