GuidanceResources®

How to Get Help

At some time in our lives, we all need professional help dealing with our problems. Whether for a marriage or relationship, family conflict, death of a loved one, or personal problem like depression, stress or addiction, often our best option for treatment is a professional counselor. They have the expertise and resources to help us work through our problems.

Reasons to Consider Professional Help

- Feeling overwhelmed, helpless or sad
- Excessive worrying
- Efforts of family and friends aren't working
- The problem affects day-to-day activities, such as concentration or job performance
- Actions are harmful to ourselves or others

How do I find help?

Your best options for finding a professional counselor are through your doctor or through your Employee Assistance Program. Both will be able to provide a list of professional counselors who can help with any mental health issues you or a loved one may face.

Here when you need us.

Call: 877-527-4742
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