

Searching for answers?



Look to us for confidential advice.

Whatever life throws your way, you can handle it — thanks to *EmployeeConnect Plus*SM. This confidential employee assistance program provides the advice, resources and referrals you need to overcome work, family and personal issues. Help is available 24/7, at no additional cost to you.

Count on us for support with:

- Depression
- Marital or family difficulties
- Stress management/anxiety
- Substance abuse
- Legal and financial concerns
- Child or elder care
- Moving and relocation
- Planning for college, events or vacation



**To find out more:
Visit [GuidanceResources.com](https://www.guidanceresources.com) (Web ID = Lincoln),
download the *GuidanceNow*SM mobile app, or
call 855-327-4463.**



Scan the QR code to learn more about how
*EmployeeConnect Plus*SM services can help!

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