

# Talking helps.

Especially when an expert is listening.

When life gets tough, it's helpful to have someone in your corner to listen, offer advice and point you in the right direction. Your Employee Assistance Program (EAP) is here to help with expert guidance when you need it most.



**Unlimited toll-free access to general guidance counselors**

- Confidential counseling
- Expert guidance
- Referrals to appropriate resources



**Up to five\* face-to-face sessions each year<sup>1</sup>**

- Individual counseling
- Legal support
- Financial planning

\* Plus an additional five with a covered disability claim.



**Online resources available 24/7**

- Timely articles
- Tutorials
- “Ask the expert” tool
- Will preparation program

Help that’s there when you need it.

**Call 1-888-327-9573** anytime 24/7 to speak with a general guidance counselor.

**[www.guidanceresources.com](http://www.guidanceresources.com)**  
Web ID: SYMETRA



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777 108th Avenue NE, Suite 1200  
Bellevue, WA 98004-5135  
**[www.symetra.com](http://www.symetra.com)**

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<sup>1</sup> In California, counseling sessions are limited to three sessions in a six-month period.

