

CALL YOUR MEMBER ASSISTANCE PROGRAM

Whatever the reason, we can help.

- › Family and marital issues
- › Stress, anxiety or depression
- › Debt management and budgeting
- › Alcohol and substance abuse
- › Eating disorders
- › Legal matters and financial planning
- › Emergency food and shelter
- › Utility and mortgage assistance
- › Local food pantries

Call anytime, 24/7, for expert guidance and support that's free and confidential. The Member Assistance Program (MAP) offers up to five free short-term counseling sessions. This benefit is available to you up to one year from your loss of eligibility.

Call: **888.860.1566** TDD: 800.697.0353

Online: **www.guidanceresources.com**

Your company Web ID: **CRCC**

