

REASONS TO CALL YOUR EAP

Whatever the reason, we can help.

- › Family matters
- › Stress
- › Relationships
- › Grief and loss
- › Substance abuse

Call anytime, 24/7, for expert guidance and support that's free and confidential.

Call: **800.808.2261** TDD: 800.697.0353
Online: **www.guidanceresources.com**
Your company Web ID: **MCHCP**



Lost? Don't know which way to go?

Your GuidanceResources® program offers confidential support, expert information and valuable resources for all of life's issues. Services are available 24 hours a day, 7 days a week, at no cost to you.

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