

# Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.



## Confidential Emotional Support

Our licensed clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



## Worklife Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



## Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



## Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



## Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions

The University of Florida Employee Assistance Program (UF EAP) offers someone to talk to and resources to support you whenever and wherever you need them.

Call: 833.306.0103

TTY: 800.697.0353

Your toll-free number gives you direct, 24/7 access to an expert, who will answer your questions and, if needed, refer you to a licensed counselor or other resources.

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceNow<sup>SM</sup>

Web ID: UFEAP

Log on today to connect directly with an expert about your issue or to consult articles, podcasts, videos and other helpful tools.

# 24/7 Support, Resources & Information

## Contact the UF EAP

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