

Counseling and wellbeing support

Help for everyday challenges



Personal setbacks, emotional conflicts, or just the demands of daily life can affect your work, health, and family. When life's challenges become overwhelming or you need additional support, eligible policyholders and members of your household have someone to talk to.

Counseling sessions – caring guidance for personal concerns

- › Three face-to-face, confidential counseling sessions per issue per year
- › Solution-focused therapy across full spectrum of emotional health issues – anxiety, depression, grief, stress, relationships, etc
- › Highly experienced and qualified providers; master's-level and Ph.D.-level degrees
- › Referrals to comprehensive legal, financial, and work-life support and resources

Well-being coaching sessions – preventative and holistic support

- Five coaching sessions by phone or virtually, with one of our behavioral change specialists to provide support with life stressors, transitions, and everyday challenges such as:
- › Burnout
 - › Developing self-compassion
 - › Dealing with competing priorities by phone or virtually
 - › Time management

Contact Info



Phone:
(800) 344-9752



Website: guidanceresources.com
First time visitor? Click "Register" and enter "NYLGBS" as the Organization Web ID.

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