



Don't know where to turn? Turn to Us.

If you or someone you know is having a hard time managing basic needs, your GuidanceResources program can help. Our assistance is strictly confidential, available 24/7, and is provided at no cost to employees and their families. Call us for help finding resources such as:

- Food banks and emergency shelter
- Affordable housing
- Utility and mortgage assistance programs
- Low-cost medical care
- Support groups
- Substance abuse or dependence care
- Emergency child care
- Emotional support

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turn to us. We can help.**

Call: 844.393.4983

TDD: 800.697.0353

Online: [guidanceresources.com](https://www.guidanceresources.com)

App: GuidanceNowsm

Web ID: UMASS