

## **Your Employee Assistance Program**

Our counseling, self-improvement tools and solutions for everyday issues can help you be your best, at home and at work. These services are free, confidential and available all day, every day to you and your household members.







Call: 833-485-4246 TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNow<sup>sм</sup> Web ID: KnoxEAP

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