



September

Employee Assistance Program (EAP)

GuidanceResources

There are times when extra support is needed. Through the GuidanceResources Employee Assistance Program (EAP), you do not have to face challenges alone. Employees and their eligible dependents have 24/7 access to confidential and professional counseling, well-being support, and online resources. This program provides assistance with emotional health, stress management, and everyday life challenges.

Please note: The EAP is only available to benefits eligible employees.

Confidential Counseling

Speak with experienced clinicians for support with issues such as:

- Stress and anxiety
- Depression
- Marital and family concerns
- Grief and loss
- Job pressures
- Alcohol and drug abuse

A GuidanceConsultant is available **24 hours a day, 7 days a week** to listen to your concerns and connect you with local providers or community resources.

Financial Resources

Financial professionals are available to assist with topics such as:

- Saving for college
- Getting out of debt
- Retirement
- Tax questions
- Estate planning
- planning

Legal Information and Consultation

Attorneys are available to provide confidential guidance on issues such as:

- Divorce and family law
- Bankruptcy
- Debt obligations
- Criminal actions
- Landlord and tenant issues
- Civil lawsuits
- Real estate transactions
- Contracts

If representation is needed, referrals are available for a free 30-minute consultation with a qualified local attorney, plus a 25% reduction in customary legal fees after the initial consultation.

Disclaimer: GuidanceResources services are subject to eligibility and program terms. This material is for general informational purposes only and is not intended as legal, financial, or medical advice.

Please note: This information is for educational purposes only and is not intended to replace professional advice, or official plan documents. Please refer to your plan documents or contact the People & Culture Team for specific benefit details and limitations.

For personal and confidential assistance, call **800.311.4327** or visit **www.guidanceresources.com** and enter the Web ID: **GRS311**.



**SOUTHERN LAND
COMPANY**