

# Contact Us... Anytime, Anywhere

No-cost, confidential solutions to whatever life throws at you.



## Work-Life Solutions

Our Beyond Benefits 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 and taxes.
- Relocation, mortgages and insurance.
- Budgeting, debt, bankruptcy and more.



## Confidential Mental Health and Wellness Support

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

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



## Online Support

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

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

Your Beyond Benefits Employee Assistance Program offers consultations and resources whenever and wherever you need them.

Call: 855-327-4722

TTY: 800-697-0353

These toll-free numbers give you direct, 24/7 access to a Beyond Benefits Consultant<sup>SM</sup>, who will answer your questions and, if needed, refer you to a counselor or other resources.

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

App: **GuidanceNow<sup>SM</sup>**

Web ID: OSUBEYOND

Log on today to connect directly with a Beyond Benefits consultant or to access articles, podcasts, videos and other helpful tools.

# 24/7 Support, Resources and Information



**Oregon State  
University**

**Contact Your  
Beyond Benefits EAP**

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