Some days it can be hard to stay positive. That’s where your GuidanceResources program can help. If you or your family members are dealing with stress and anxiety, family conflicts, or any other issues at home or work, our caring, qualified counselors are here to talk. We’ll help you work through your issues and get back to a sunnier place.

Call: 844.UCI.EAP3 (824.3273)  TDD: 800.697.0353
Online: guidanceresources.com
App: GuidanceResources® Now  Web ID: UCIEAP3