



## Support During the COVID-19 Crisis

Coping with a crisis like the COVID-19 coronavirus outbreak is never easy. Remember, though, that you are not alone. Your GuidanceResources program offers 24/7 support and tools to keep you and your family strong and healthy throughout this ever-changing crisis. Call toll-free or go online to speak with a GuidanceConsultant<sup>SM</sup> who will listen to your concerns and refer you to resources in your community or to a GuidanceResources Specialist to address your issues.

### Information and Tools

Your GuidanceResources program also offers tools and resources to keep you informed, healthy and resilient throughout the COVID-19 crisis.

### GuidanceResources Online

Log on to access our COVID-19 Coronavirus resource center.

**Check these resources regularly for updates.**

## Here when you need us.

Call:

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

TTY: 800.697.0353

App: GuidanceNow<sup>SM</sup>

### Call anytime for concerns such as:

- Anxiety about COVID-19
- Dealing with self-isolation
- Delaying loan and mortgage payments
- Landlord and tenant issues
- Locating rental assistance and food pantries

### COVID-19 Coronavirus Toolkit

[https://bit.ly/COVID-19\\_Digital-Toolkit](https://bit.ly/COVID-19_Digital-Toolkit)