

Many individuals and families are having difficulties during this economic downturn. Rising prices for basic needs such as food, housing and utilities, as well as high unemployment, mean many people are struggling. If you or someone you know is having a hard time, GuidanceResources® can help. We can provide resources and information for a wide range of basic needs, from food and shelter to resources for financial assistance and low-cost medical services. Here are some examples of the many ways that GuidanceResources is ready to assist.

Housing Resources

- > Contact information for Section 8 housing
- > HUD rental assistance programs (subsidized apartments)
- > Shelters for men, women and families
- > Homeless drop-in centers and motel vouchers
- > Domestic violence and runaway/youth shelters
- > Shelters or temporary housing for individuals with substance abuse issues
- > Housing search and information for disaster victims
- > Housing search assistance for individuals affected by AIDS/HIV
- > Government programs for rental assistance and mortgage payment assistance
- > Information on First Time Buyer home loans and other programs
- > Independent living programs for individual with special needs

Everyday Needs

- > Food stamp eligibility and application
- > Local food pantries
- > Utility assistance programs
- > Low cost medical care services
- > Cash assistance programs
- > Low cost or free furniture for low-income families who are victims of domestic violence, fire and other disasters
- > Moving expense assistance
- > Transportation expense assistance

Additional Information

This information is brought to you by ComPsych® GuidanceResources®. This company-sponsored benefit offers confidential help and support 24 hours a day, seven days a week, at no cost to you or your immediate family. Our Guidance Consultants can assist you with your concerns at:

877-627-4239

Online: www.guidanceresources.com

Enter your company Web ID: **MAP_4_IBEW**

