

Government shutdown *resources*

Federal government shutdowns and partial shutdowns usually occur when elected officials cannot agree on a plan to continue the government's funding of operations. During a partial shutdown, non-essential, discretionary federal programs close after a failure to receive appropriated funding.

As in previous shutdowns, essential services, such as defense and national safety and security operations, are likely to continue to function as normal. National border protection and immigration, air traffic control operations, and the Justice Department are also likely to continue to operate, although likely in a truncated fashion. Some other services, such as mail delivery, continue

thanks to separate sources of funds. How other government sources function in the coming days or weeks will depend on many factors, especially on how long the shutdown lasts.

During such events, your GuidanceResources® Employee Assistance Program is available to help, whether you are affected directly or indirectly. The program is provided free of charge to employees and their household members and offers someone to talk to and resources to consult whenever they're needed. These services are strictly confidential and available to you and your immediate family members 24 hours a day, seven days a week, by phone or online.



Confidential no-cost counseling

- Anxiety, depression, burnout
- Family or relationship issues
- Dealing with traumatic events



Work-Life assistance

- Child and elder care resources
- State government assistance programs
- Securing charitable assistance, finding support groups



Legal and financial guidance



- Emergency financial assistance
- Loans, budgeting, debt issues
- Denied insurance claims, civil or criminal procedures

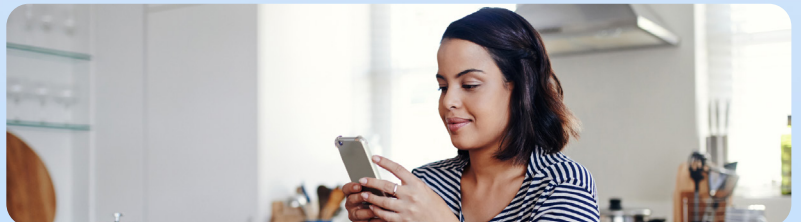


GuidanceResources® Online

- Articles, podcasts, videos, tutorials and online communities
- Schedule counseling or other EAP services

On-demand EAP resources

- [Coping with a Crisis or Traumatic Event](#)
- [Difficult Conversations During Times of Unrest](#)
- [Informed or Infirm? Health Media Consumption](#)



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