

# Welcome to LifeWorks



Feel supported and connected with a confidential Employee Assistance Program and innovative well-being resource

Life can be complicated. Get help with all of life's questions, issues and concerns with LifeWorks. Any time, 24/7, 365 days a year.

Download the app now, just search for "LifeWorks"



LifeWorks offers support with mental, financial, physical and emotional well-being.

Whether you have questions about handling stress at work and home, parenting and child care, managing money, or health issues, you can turn to LifeWorks for a confidential service that you can trust.

Life	Family	Health	Work	Money
<ul style="list-style-type: none"> <li>• Retirement</li> <li>• Midlife</li> <li>• Student life</li> <li>• Legal</li> <li>• Relationships</li> <li>• Disabilities</li> <li>• Crisis</li> <li>• Personal issues</li> </ul>	<ul style="list-style-type: none"> <li>• Parenting</li> <li>• Couples</li> <li>• Separation/divorce</li> <li>• Older relatives</li> <li>• Adoption</li> <li>• Death/loss</li> <li>• Child care</li> <li>• Education</li> </ul>	<ul style="list-style-type: none"> <li>• Mental health</li> <li>• Addictions</li> <li>• Fitness</li> <li>• Managing stress</li> <li>• Nutrition</li> <li>• Sleep</li> <li>• Smoking cessation</li> <li>• Alternative health</li> </ul>	<ul style="list-style-type: none"> <li>• Time management</li> <li>• Career development</li> <li>• Work relationships</li> <li>• Work stress</li> <li>• Managing people</li> <li>• Shift work</li> <li>• Coping with change</li> <li>• Communication</li> </ul>	<ul style="list-style-type: none"> <li>• Saving</li> <li>• Investing</li> <li>• Budgeting</li> <li>• Managing debt</li> <li>• Home buying</li> <li>• Renting</li> <li>• Estate planning</li> <li>• Bankruptcy</li> </ul>

Contact us any time you need help with any of life's concerns.

Call us

Llámanos

TTY

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