



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

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

Call us:

TTY:

Call us:

TTY:

Online:

User ID:

Password:

