

5 ways to use LifeWorks



You might know that you have access to LifeWorks, but do you know all the ways you can use it? There's more to LifeWorks than counselling.

Here are 5 ways you can make the most of this innovative well-being solution:

01 Struggling with life changes?



Whether you are dealing with a workplace or relationship change, becoming a manager or a parent, helping older relatives or trying to better manage stress, we can help. Lines are open 24/7, every day.

02 Need legal advice?



Book a free consultation with one of our legal advisors for expert legal advice on subjects such as family law, real estate, criminal law and neighbour disputes – just to name a few.

03 Got financial questions?



Call LifeWorks to speak with an expert when looking at your budget, managing debt, buying or renting a home, or to access practical money management tips to help you save more and spend less.

05 Download the mobile app



The "LifeWorks" app provides convenient access to a wealth of well-being content such as articles, toolkits, podcasts, eBooks, and more, any time, and from wherever you are. Available on iOS and Android.

04 Don't have the time to find the resources you need?



Let us help! We'll get you connected to useful agencies and resources in your very own community.

Online:

Username:

Call us:

Password:

TTY: