



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: