

# EXPERT HELP WITH LIFE, WORK AND EVERYTHING IN BETWEEN

Welcome to LifeWorks, a program that can help with almost anything. Whether you have questions about handling stress, maintaining relationships, challenges at work, parenting and childcare, managing money, caring for an older relative, or health issues, you can turn to LifeWorks for confidential information and support.

## Life

- Stress and overload
- Staying strong as a couple
- Anxiety and depression
- Finding time for you
- Addiction and recovery
- Divorce and separation
- Grief and loss
- Traumatic events
- Domestic violence
- Legal issues

## Health

- Healthy eating
- Exercise
- Managing stress
- Sleep
- Giving up smoking
- Heart health
- Ageing well
- Safety
- Living with illness or disability
- Alternative care

## Family

- Caring for older relatives
- Planning for a new baby
- Adoption
- Parenting
- Finding child care
- Special needs
- Teenagers
- Single parenting
- Discipline and safety
- Stepfamilies
- Schools and education

## Work

- Time management
- Career development
- Navigating change
- Effective communication
- Working relationships
- Networking
- Job loss
- Retirement
- Managing individuals and teams

## Money

- Making ends meet
- Dealing with debt
- Buying or renting a home
- Estate planning and wills
- Consumer protection

## Good support, on the go

Facing a challenge? Overwhelmed at work? Struggling with stress, or dealing with debt? LifeWorks can help with all of life's questions, issues, and concerns, any time, 24/7, 365 days a year.

## Get the app

Access tools and resources direct from your phone. Get the free LifeWorks mobile app for iPhone and Android — just search for LifeWorks in your app store.



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

Call us: 1-888-307-0590

TTY: 1-800-855-0511

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[login.lifeworks.com](http://login.lifeworks.com)

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