

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:

1-877-207-8833