

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, physical, social and financial 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">RetirementMidlifeStudent lifeLegalRelationshipsDisabilitiesCrisisPersonal issues	<ul style="list-style-type: none">ParentingCouplesSeparation/divorceOlder relativesAdoptionDeath/lossChild careEducation	<ul style="list-style-type: none">Mental healthAddictionsFitnessManaging stressNutritionSleepSmoking cessationAlternative health	<ul style="list-style-type: none">Time managementCareer developmentWork relationshipsWork stressManaging peopleShift workCoping with changeCommunication	<ul style="list-style-type: none">SavingInvestingBudgetingManaging debtHome buyingRentingEstate planningBankruptcy

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

Call us

1-877-207-8833

TTY

1-877-371-9978

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Call us

TTY

Online

User ID

Password

