

# Welcome to LifeWorks



Feel supported and connected with a confidential Employee Assistance Programme 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 child care, 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"><li>• Retirement</li><li>• Midlife</li><li>• Student life</li><li>• Legal</li><li>• Relationships</li><li>• Disabilities</li><li>• Crisis</li><li>• Personal issues</li></ul>	<ul style="list-style-type: none"><li>• Parenting</li><li>• Couples</li><li>• Separation/divorce</li><li>• Older relatives</li><li>• Adoption</li><li>• Death/loss</li><li>• Child care</li><li>• Education</li></ul>	<ul style="list-style-type: none"><li>• Mental health</li><li>• Addictions</li><li>• Fitness</li><li>• Managing stress</li><li>• Nutrition</li><li>• Sleep</li><li>• Smoking cessation</li><li>• Alternative health</li></ul>	<ul style="list-style-type: none"><li>• Time management</li><li>• Career development</li><li>• Work relationships</li><li>• Work stress</li><li>• Managing people</li><li>• Shift work</li><li>• Coping with change</li><li>• Communication</li></ul>	<ul style="list-style-type: none"><li>• Saving</li><li>• Investing</li><li>• Budgeting</li><li>• Managing debt</li><li>• Home buying</li><li>• Renting</li><li>• Estate planning</li><li>• Bankruptcy</li></ul>

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

Call us:

Call us:

Online:



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