

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 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">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

Llámanos

TTY

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Visit

User ID

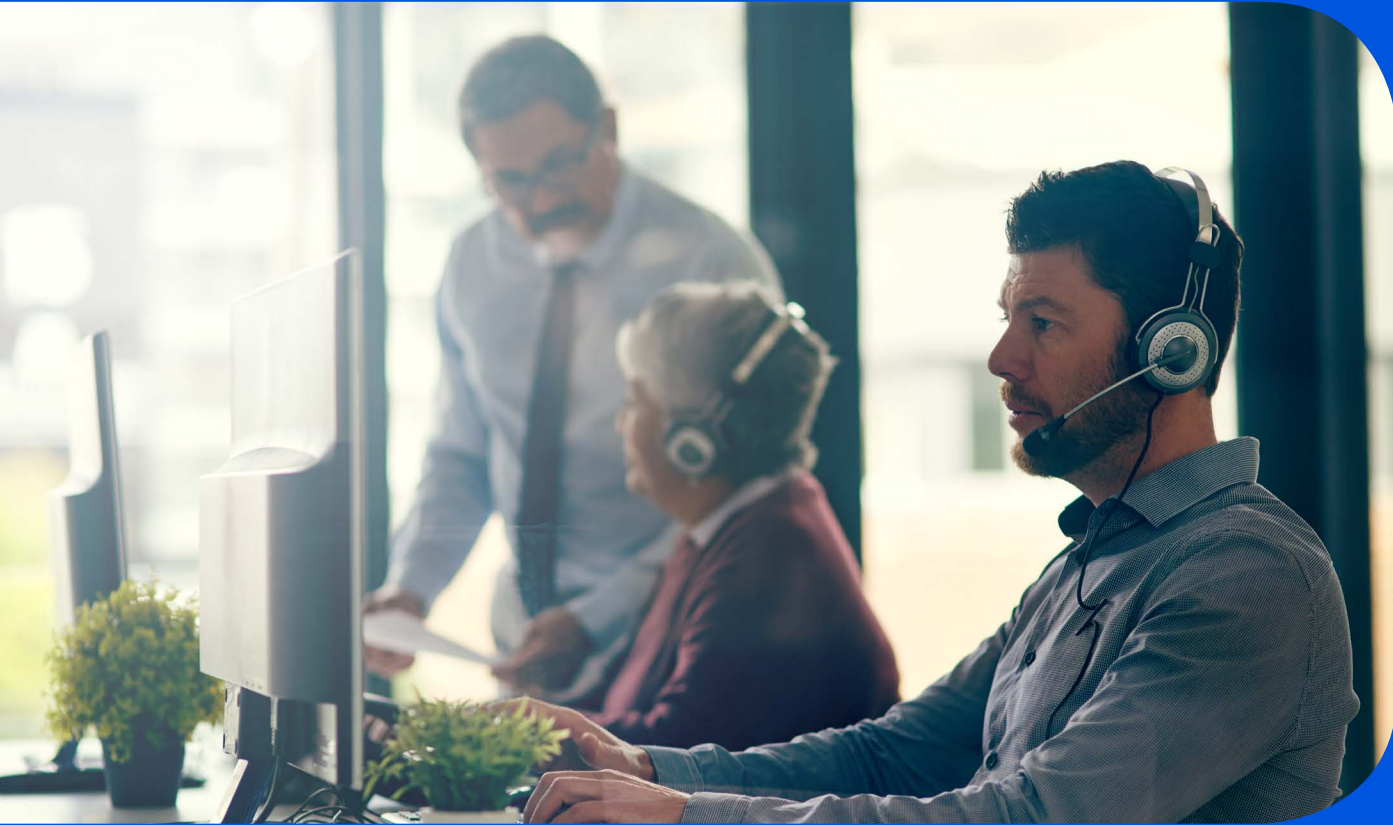
Password





LifeWorks

by Morneau Shepell



How to use the Employee Assistance Program



The Employee Assistance Program (EAP) is a confidential service provided by your employer that offers help with personal and work-related issues.

Professionally trained advisors are available to help with family problems, marital concerns, financial and legal matters, stress, depression, and other issues affecting your personal or work life.

The EAP is free and confidential. Advisors are available to help 24 hours a day, 7 days a week, 365 days a year. Below is information on how the EAP can help and how it works.

Dealing with a personal or work issue?



The EAP can provide support, referrals, and resources related to many issues, including the following:

- Adoption issues
- Alcohol and drug abuse
- Anxiety
- Budgeting, financial worries, and reducing debt
- Child care and parenting issues
- Concern about another person's alcohol or drug abuse
- Conflict at work
- Crisis and trauma
- Depression
- Domestic abuse
- Education issues
- Elder care/caregiving issues
- Gambling and other addictions
- Grief and loss
- Job burnout
- Legal matters
- Relationship issues
- Separation and divorce
- Stress
- Workplace change
- Work-related problems and job stress

The EAP encourages employees and those close to them to seek help early, before a minor problem becomes more serious. The EAP is designed to address short-term issues and to identify resources and referrals for emergency and long-term issues. When in doubt, contact the EAP for help or support.

Call your EAP toll-free, any time, 24/7, 365 days a year: 

Call us

If you're using the LifeWorks mobile app, you can call us with one tap from your smartphone.

Provide your name

and employer's name to an advisor. Your information will be kept confidential.

Share

your concerns with a professional advisor for expert advice, strategies, and next steps.

Arrange with the advisor

about how, when, and where you want to be contacted if follow-up is required.

Your advisor will ask for your employer's name (or other sponsoring organization's name) so we can confirm the type of service available to you, along with other important health insurance and benefits information.

An advisor will discuss your needs and concerns with you, listen, and assess the situation.

Depending on your situation, the EAP advisor may:



Work

with you to make a plan to resolve your issues or concerns.



Help

you navigate the EAP website for helpful resources, incl. articles, booklets, recordings, and more.



Refer

you to an EAP counselor for short-term support



Guide

you to resources in your community, such as a support group or helping agency.



Recommend

community support for long-term counseling needs.

The EAP is free

The EAP is a service provided by your employer at no cost to you. That means that you pay nothing to use it. However, if you accept a referral to services outside the EAP, you will be responsible for costs that may be associated with resources external to the EAP. For example, if the EAP advisor refers you to an outside attorney for a legal matter, you would be expected to cover those costs. If the EAP advisor refers you to a counselor for ongoing (long-term) counseling and the referral is through your medical benefits, co-pays or deductibles may apply; if the referral is not covered by your medical benefits, you would be responsible for fees charged by the specialist or counselor. The EAP advisor will work with you to find the most appropriate and cost-effective help to address your needs.



If you are or someone close to you is going through a difficult time, remember the EAP is only a phone call away. Contact LifeWorks today.

Toll-free, 24/7:

En Español:

Online:

User ID:

Password: