

# 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"><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

Llámanos

TTY

© 2019 Morneau Shepell Ltd

Apple and the Apple logo are trademarks of Apple Inc., registered in the US and other countries. App Store is a service mark of Apple Inc., registered in the US, and other countries. Google Play and the Google Play logo are trademarks of Google Inc.



Call us

Llámanos

TTY

Visit

User ID

Password

