



Lifeworks
FEEL LOVED™



WELCOME TO LIFEWORKS



LIFE

Help with life, health, family, money, work and everything in between.

Good support, on the go

Facing a challenge? Overwhelmed at work? Struggling with stress, or dealing with debt? Or maybe you're seeking support to help you lose weight, quit smoking, or plan for the future. LifeWorks can help with all of life's questions, issues, and concerns, any time, 24/7, 365 days a year.

Speak to our experts

LifeWorks' consultants have the knowledge and experience to offer support and strategies for work-life issues. They can connect you to helpful agencies and organizations in your community, and refer you to counseling (available by phone, video, and in-person).

Find answers, fast

We make it easy. Call us, go online, or use our app to access information and resources. Browse hundreds of articles, toolkits, audio recordings, and more, based on your interests, for tips and tools for everyday life.

For confidential advice and support, contact us at:

