

Your work-life wellness resource

LIFEWORKS EMPLOYEE ASSISTANCE PROGRAM



Facing a life 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 many of life's questions, issues, and concerns anytime, 24/7, 365 days a year. Their consultants have the knowledge and experience to offer support and strategies for work-life issues.

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

LifeWorks is a full-service employee assistance program (EAP) and work-life/wellness resource. LifeWorks provides confidential consultations, counselling, community referrals, multimedia resources, and online access to hundreds of articles, self-assessments, blogs, audio recordings, toolkits, calculators, and more. Services are available 24 hours a day, seven days a week, 365 days a year, toll-free, online or by mobile app.

They can also connect you to helpful agencies and organizations in your community, and refer you to counselling.

To learn more, visit EquitableHealth.ca and click on Equitable HealthConnector.

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LifeWorks provides:

- **Secure website:** The Lifeworks program website contains hundreds of articles and resources, such as e-books, toolkits, quizzes and self-assessments, podcasts, full-length audio recordings, and more.
- **Counselling:** Be referred to counselling by phone, by video (live via webcam over the Internet), or in person in your local area.
- **Specialized counselling:** Connect with a professional for legal or financial matters, or to a registered dietician for nutritional counselling.
- **Free mobile app:** Simply search for "LifeWorks" in the Apple App Store or Google Play.

How it works

You can call LifeWorks toll-free, 24/7, to connect confidentially with a consultant for help with issues related to work, life, and everything in between. You can also log in to your program website or connect with us via mobile app any time.