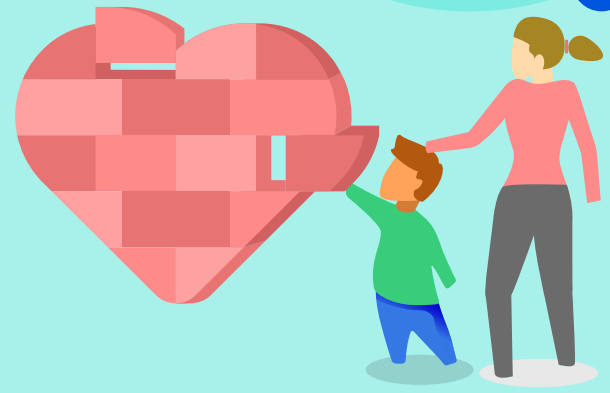


LifeWorks – here for you in times of change

LifeWorks can improve your well-being



The impact on daily life caused by COVID-19 (Coronavirus) continues to become more intense and disruptive. This pandemic is affecting all aspects of society, and it's easy to feel overwhelmed.

LifeWorks has a range of practical resources to help you find guidance and support during this difficult time. Caring, professional **LifeWorks** advisors are available by phone 24/7 to help you:

- Understand and handle feelings of anxiety, sadness or anger with mental health counseling
- Access free financial counseling
- Identify local community resources which can offer additional assistance, including where to find childcare and eldercare
- Develop practical plans and receive guidance with Life Coaching

Contact **LifeWorks**, toll-free, any time to speak with an advisor, or to request a referral to counseling.

You can also log in to the **LifeWorks** platform to access a wealth of articles and resources, including:

- [COVID-19 \(Coronavirus\) Toolkit](#)
- [How the Assistance Program Can Help in a Crisis](#)
- [Making the Transition to Working from Home](#)
- [Setting Work-Life Boundaries When You Work from Home](#)
- [When Your Family Income Changes](#)
- [Resilience During a Disease Outbreak, Epidemic, or Pandemic](#)
- [Online Toolkits including Stress Management, Mental Health and More](#)
- **LIFT session fitness** - online workouts to stay healthy while avoiding the gym

Visit us online:

User ID:

Password:

Call us, toll-free, 24/7:

TTY:

En español :

Download the app now, just search for "LifeWorks".

