



Convenient access to online resources.



Call us
Support is
always available.



**Share
your concerns**
With a professional
advisor for expert
advice, strategies
and next steps.



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



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

Solutions for your work, health and life.



Achieve wellbeing

- Stress • Mental health concerns
- Grief and loss • Crisis situations



Manage relationships and family

- Communication • Separation/divorce
- Parenting



Deal with workplace challenges

- Stress • Performance
- Work-life balance



Tackle addictions

- Alcohol • Drugs
- Smoking cessation • Gambling



Find child and elder care resources

- Child care • Schooling
- Nursing/retirement homes



Get legal advice

- Family law • Separation/divorce
- Custody



Financial helpline support

- Debt management • Bankruptcy
- Retirement

login.lifeworks.com
1-844-671-3327

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Let us help.

Access your Employee Assistance Program
(EAP) 24/7 by phone, web or mobile app.

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TELUS
Health