

A confidential resource to support your wellbeing.

You might know that you have access to LifeWorks, but do you know all the ways you can use it? There's more to LifeWorks than employee support and counselling. Here are 5 ways you can make the most of it.

1



Life Changes

Struggling with stress? Burnout? Schedule an appointment with one of our Clinical Counsellors at no cost. Stop it from becoming a bigger problem and let us support you.

2

Need legal advice?

Book a free consultation with a lawyer for legal matters covering areas such as family, real estate and civil law – just to name a few. LifeWorks can also connect you to a lawyer in your area at a discount of up to 25%.

3



Need financial advice?

Call LifeWorks and we will connect you for a free consultation with a Registered Financial Advisor so you can get the answers you're looking for.

5



Mobile App

Recognize your colleagues for their achievements by using the LifeWorks App.

4

Research

Don't have the time to find the resources you need? Let us help! We'll get you connected to useful agencies and resources in your community.

5 ways to use LifeWorks

Visit us online:

User ID:

Password:

Contact LifeWorks
toll-free for 24/7 support:

TTY