

Welcome to LifeWorks!



Feel supported and connected with a confidential Employee Assistance Programme and innovative wellness resource.

Designed to help you with all of life's questions, issues and concerns, LifeWorks offers support with mental, financial, physical and emotional well-being. Any time, 24/7, 365 days a year. Through LifeWorks, you and your dependents have access to a range of services, including expert tips and strategies, suggested resources and referrals, as well as a wealth of online articles, podcasts, toolkits, and more.

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LifeWorks



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Family

- Parenting
- Couples
- Separation/Divorce
- Adoption
- Death/Loss
- Childcare
- Education

Health

- Mental Health
- Addictions
- Fitness
- Managing Stress
- Nutrition
- Sleep
- Smoking Cessation

Life

- Retirement
- Midlife
- Legal
- Relationships
- Disabilities
- Crisis
- Personal Issues

Work

- Time Management
- Career Development
- Work Relationships
- Work Stress
- Managing People
- Shift Work
- Coping with Change
- Communication

Money

- Saving
- Investing
- Budgeting
- Managing Debt
- Home Buying
- Renting
- Estate Planning
- Bankruptcy

Whether you have questions about handling stress at work and home, parenting and childcare, managing money, or health issues, you can turn to LifeWorks for a confidential service that you can trust.

Contact us any time you need help with any of life's concerns.

Our experienced counsellors can offer advice for work-life issues, as well as information, referrals, and support. You can contact LifeWorks any time, 24 hours a day, 365 days a year.

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



All personal information that we collect about you will be stored and kept confidential. We will not disclose your personal information outside of LifeWorks without your prior consent, unless there is a threat to human life or physical safety or if we are legally required to do so. Calls may be recorded for training, monitoring and complaint investigation purposes

