



2015 LifeWorks Orientation

The issues you face every day.

- Your son's teacher calls to tell you he's been having some trouble with reading.
- You want to get a new car—buy or lease?
- Between work, a new baby, and taking care of your mom, you 're exhausted.
- You'd like to quit smoking for good but you're afraid you'll fail again.
- You want to come up with a plan to pay down your credit cards and student loans.
- Your fiancée travels for work constantly—how do you find enough time together?
- You just got a promotion but you're worried about managing your co-workers.
- Your mother babysits for your kids but you argue about TV, discipline and more.
- You're worried that your sister is depressed but you don't know what to do.
- Your teenaged daughter has missed her curfew for the third time.
- Your wife's father just had another fall—should he move in with your family?

LifeWorks—advice to fit your life.

Phone, online and community-based support to help you handle all of life's challenges. The program offers:

- **24/7/365 telephonic access to our consultants**
- **Legal and financial consultations**
- **Child care, education and elder care referrals**
- **Spanish-speaking consultants and online resources**
- **TTY resources available**

How does the program work?

- A real person to talk to when you call, 24/7/365
- Referrals to local services and national resources
- Up to six in-person sessions with a counselor—completely free.
- A comprehensive web site LifeWorks.com, with articles, videos, podcasts, self-assessments, locators, an online health library, and much more
- Free materials like booklets and recordings that you can order or download
- LifeWorks app for iPhone, Android and Blackberry

What kind of issues can LifeWorks help with?

- Parenting and child care
- Caring for older relatives
- Stress and work-life balance
- Financial and legal issues
- Relationships
- Work and career issues
- Emotional wellbeing
- Addiction and recovery
- Health
- Disability



What happens when you contact LifeWorks?




Who are our consultants?

- have a minimum of a master's degree in social work or another human services field and two years of clinical experience
- are experienced in assessing the whole person, developing integrated action plans, providing solutions-focused counseling and delivering appropriate resources and referrals

Frequently Asked Questions

- *Is my call to LifeWorks confidential?*
- *What kind of information do I have to tell the consultant and what do they report to my organization?*
- *Can LifeWorks help if my family lives in another state?*
- *If I have another problem or my needs change, can I call again?*

LifeWorks.com



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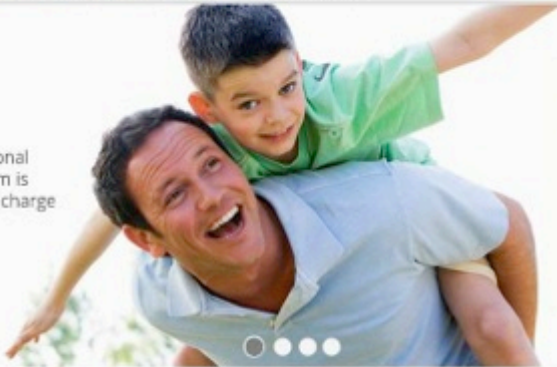
Call Us 888-456-1324

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LifeWorks

We are here to help you manage personal issues at work or at home. The program is brought to you and your family free of charge by your employer.

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Routines

Routines can simplify your family life and give children a sense of comfort and security. [Read More...](#)

Career Planning

You'll find it easier stay on track in your career if you pull back from time to time and take stock of where you are now and where you want to go. [Read More...](#)

Setting Goals

Forty-four percent of us make New Year's resolutions, whether it's to adopt healthier habits, worry less, or spend more time with family and friends. [Read More...](#)


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LifeWorks

Mobile App for iPhone, Android, and Blackberry



Find out how LifeWorks can help you and the people you care about.



Go online

Access hundreds of articles, audio and multimedia resources, booklets and quizzes, and use online tools including child care and elder care locators, or financial and health calculators.



Talk to someone

Get advice by phone or online anytime you need it or through in-person sessions with a local mental health counselor.

www.lifeworks.com username: tisd, password: lifeworks
888-456-1324 Spanish: 888-732-9020 TTY: 800-999-3004