Feel supported and connected

You can trust your LifeWorks program to help you and your family find support for a wide range of life’s challenges. There are a variety of programs across the continuum of mental health and wellness available to you.

What is the ‘mental health continuum’?

Rather than a state of being well or unwell, mental health is a continuum with phases.

Healthy and adaptive coping

- Positive
- Calm
- Physically well
- Socially active
- Performing well
- Sleeping well

Mild and reversible distress

- Worried
- Irritable
- Eating pattern changes
- Less social activity
- Distracted
- Trouble sleeping

More severe and persistent impairment

- Anxious
- Negative attitude
- Fluctuations in weight
- Avoidance
- Poor performance
- Poor sleep

Clinical illnesses; disorders requiring medical care

- Excessive anxiety
- Depressed
- Extreme weight fluctuations
- Absenteeism
- Unable to perform
- Can’t fall/stay asleep

Regardless of where you are on the continuum, there are caring professionals who can help you access support related to:

- Fitness and physical health
- Mental health
- Relationships
- Nutrition
- Finances
- Elder care
- Legal
- and much more

There are many ways to get help today – all completely confidential.

Support for a wide range of life’s challenges

- Access over 20,000 master’s level clinical counsellors & certified coaches across a variety of support and Work-Life services.
- Confidential chat and secure video, telephonic and chat counselling sessions with members of our professional network.
- Referrals to the LifeWorks network of more than 3,000 in-person professional counsellors and affiliates.

You and your eligible family members can receive support over the telephone, in person, online, and through a variety of health and wellness resources. For each concern you are experiencing, you can receive a series of private sessions with an expert. You can also take advantage of online tools to help manage your and your family’s health. You’ll get practical and fast support in a way that is most suited to your preferences and lifestyle.
Here are some examples of the areas where LifeWorks clinical counsellors or other professionals can provide support across the continuum of mental health and wellness to help you and your family:

**Improve nutrition**
- Weight management
- Boost energy and resilience
- High cholesterol
- High blood pressure
- Diabetes
- Heart disease

**Achieve well-being**
- Stress
- Depression
- Anxiety
- Anger
- Crisis situations
- Life transitions

**Get legal advice**
- Separation and divorce
- Civil litigation
- Custody and child support
- Wills and estate planning

**Get financial guidance**
- Credit and debt management
- Budgeting
- Bankruptcy
- Financial emergencies
- Changing circumstances

**Manage relationships and family**
- Separation and divorce
- Elder care
- Relationship conflict
- Parenting
- Blended Family issues

**Focus on your health**
- Identify conditions
- Prevent illness
- Manage symptoms
- Discover natural healing strategies
- Create an action plan for better health

**Deal with workplace challenges**
- Work-life balance
- Conflict
- Career planning
- Bullying and harassment

**Find child and elder care resources**
- Maternity and parental leave
- Adoption
- Child care services
- Schooling
- Adult day programs
- Nursing and retirement homes

**Tackle addictions**
- Alcohol
- Tobacco
- Drugs
- Gambling
- Other addictions
- Post-recovery support
- Create an action plan for better health

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**Call for confidential and immediate support with your work, health, and wellbeing 24/7.**

Call: 1-855-597-2105
Login: login.lifeworks.com

LifeWorks app:

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