

Welcome to LifeWorks

Feel supported and connected with a confidential Employee Assistance Program and innovative wellbeing resource



Life can be complicated. Get help with all of life's questions, issues and concerns with LifeWorks.

Any time, 24/7, 365 days a year.

LifeWorks offers support with mental, financial, physical and emotional wellbeing. 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.

Life

Retirement
Midlife
Student life
Legal
Relationships
Disabilities
Crisis
Personal issues

Family

Parenting
Couples
Separation/divorce
Older relatives
Adoption
Death/loss
Childcare
Education

Health

Mental health
Addictions
Fitness
Managing stress
Nutrition
Sleep
Smoking cessation
Alternative health

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

Call us, toll-free, 24/7:

1-888-267-8126

Log in with LifeWorks today

Go to login.lifeworks.com or download the mobile app

Username: cascades

Password: Heretohelp

