

Getting the Help You Need



Every now and then, we all need help handling life's challenges. Whether you're making a health care decision, looking for a therapist, dealing with a problem at work or getting through a family crisis, LifeWorks can help you, no matter what's going on in your life. Call to speak with a consultant who can help you talk through your issues and find the resources you need to handle them one by one.

Visit www.lifeworks.com to read or download these informative articles:

- [*Choosing a Counselor or Therapist*](#)
- [*Building a Personal Support Network*](#)
- [*Finding Support in a Crisis When You Feel Alone*](#)
- [*Domestic Abuse and Where to Find Help*](#)
- [*When You Become Your Partner's Caregiver*](#)

You can also take the *Are Life Changes Causing You Stress?* self assessment. Based on your answers to this simple 5-minute series of questions, you will be given immediate results and links to helpful information on the site.

If you or your spouse is serving in the military, you may be dealing with additional concerns. Whether it's emotional support during deployments, help with child care, relationships, money matters or relocation, Military OneSource can help – 24/7! Available anytime, anywhere for all active-duty, Guard and Reserve and their families, at no cost.

www.militaryonesource.com

Stateside: 1-800-342-9647

Call LifeWorks at 888-267-8126 anytime.
En español: 888-732-9020, TTY/TDD: 800-346-9188
You can also visit the LifeWorks Web site at www.lifeworks.com
(user id: temple; password: eap)

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