Finding Help

Sometimes it can be hard to ask for help. Or to find the kind of help you need. You may not be aware of all the ways that LifeWorks can support you and your family through life’s ups and downs. Whether you’re looking for a counselor, facing a personal challenge, or going through an exciting life change, we can support and help you through it. Our caring, professional consultants are here to listen and to help you find the resources you need, 24 hours a day, 7 days a week. You can also go online to access hundreds of articles, podcasts, quizzes, toolkits, infographics and more. This month you can:

- listen to a new podcast, *Finding a Counselor, Therapist, or Coach.*
- explore the [Life Changes](#) section to help you through whatever transitions you may be facing, from having a baby to adjusting to a new job, to taking care of older relatives.
- take advantage of our health content to help you lose weight, quit smoking, or manage stress.
- join our monthly web discussion, [Becoming You: Finding Your Path in Your 20s and 30s](#), on March 24th at 1pm EST (12pm CST, 11am MST, 10am PST)

Don’t forget to sign up for our popular monthly newsletters. If you’re not already a subscriber, [register here.](#)

Call LifeWorks at 888-267-8126 anytime.
En español: 888-732-9020, TTY: 800-346-9188
You can also visit [www.lifeworks.com](http://www.lifeworks.com)
(username: temple; password: eap).