

# LifeSolutions

Private and confidential support  
at no cost to you



**Resources and support are inclusive of all populations, including older adults, new parents, diverse individuals, LGBTQIA+, veterans, disabled persons, and others.**

## **Tackle on-the-job or at-home issues with a trained professional**

- 24/7 support via phone or online programs
- Counseling sessions in person, by telephone, or by video for the following topics and more:
  - Work-life balance
  - Lifestyle changes
  - Alcohol or drug use (your own or a loved one's)
  - Family and relationships
  - Anxiety and depression
  - Grief and loss

## **Work-life support services**

- Help with daily living issues
- Child and elder care resources
- Support for legal and financial issues
- Community resource recommendations

**1-855-209-8762 (TTY: 711)**  
**Lifesolutionsforyou.com**  
**Company code: OPCMIA526**

