



Introducing LifeWorks— Your new Employee Assistance Program!



A stressful time at work? A child off to kindergarten? A relationship in transition? An aging parent who needs your help? Every day of your life brings new changes and challenges.

We're pleased to announce that effective immediately, East Side Union High School District will offer you **LifeWorks**—your new comprehensive employee assistance program that offers everything you had in previous years – plus **MUCH** more!

Face-to-Face EAP Counseling:

Counseling is available for marital and family problems, alcohol dependency, relationships, emotional problems, stress and other issues. You and your eligible dependants are able to receive up to 7 sessions per issue, per year – at NO cost!

Telephonic Consultations:

You can call LifeWorks anytime at **1-877-510-0556** for help with a wide range of issues, including:

Parenting
Older Adults
Midlife and retirement
Disability
Financial
Legal

International issues
Work
Managing People
Health
Emotional well-being
Addiction and recovery

Online Resources:

Employees can also visit the LifeWorks web site at www.lifeworks.com to watch short educational videos, read or download articles, take interactive self-assessments, e-mail consultants, find online resources, and much more. The user ID is: **ESUHSD** and the password is: **EAP**

LifeWorks Online: www.lifeworks.com
(User id: **ESUHSD** password: **EAP**)

OR call anytime: 1-877-510-0556

**En español, llame al 1-888-732-9020.
TTY/TDD: 1-800-346-9188**

