

# LifeSolutions

Private and confidential support  
at no cost to you



**LifeSolutions® offers a collection of programs and services—plus access to licensed professionals and other qualified individuals—to support you and your household members through personal and workplace issues. You can use these resources to tackle a variety of issues, from finding a pet sitter to coping with the death of a loved one.**

## Counseling Support

- Our phones are answered 24/7/365 by clinicians who take a consultative approach.
- We offer anywhere, any way access. Counseling sessions can be held in person, by telephone, virtually, and even through text or chat.

You can receive up to 6 sessions for help with issues like these:

- Lifestyle changes
- Alcohol or drug misuse (your own or a loved one's)
- Depression, anxiety, and stress
- Family and relationships
- Grief and loss
- Caregiver stress

## Safe Journey

Call a transportation service when you are concerned about getting home safely. You can be reimbursed for up to two one-way rides per year (maximum of \$50 per ride).

## Concierge Services

We offer consultations and resource locations if you need help with caring for a child, older loved one, or pet; home repairs; support groups; or a variety of other issues.

## Legal and Financial Well-Being

You can have free, 30-minute consultations (per issue/per year) with licensed attorneys and certified financial advisers.

**1-855-209-8762 (TTY: 711)**  
**work.partners/lifesolutions**  
**Company code: Brick**

## Help for Everyone

At LifeSolutions, our goal is to support mental well-being for all. We understand that individuals and families are unique, with diverse values, beliefs, sexual orientations, and backgrounds as well as race, ethnicity, and language.