LifeSolutions®

Member Assistance Program



The LifeSolutions member assistance program MAP can help you balance work and personal needs to become healthier, happier, and more productive. Our private and confidential resources and support are inclusive of all populations, including older adults, new parents, LGBTQIA+ individuals, veterans, disabled persons, and others.

Our trained professionals can help with:

- Stress, anxiety, or depression.
- Parenting resources.
- Caregiving support.
- Financial and legal worries.
- Overuse of alcohol.
- Grief and loss.
- Work-related challenges.
- Making healthy lifestyle changes.

Our consultation and problem-solving services include:

- Short-term coaching and counseling in person, by telephone, or via video.
- Parenting resources and options for children.
- Support for individuals caring for older loved ones.
- Community referrals and information to address everyday concerns.
- 24/7 phone support for immediate help.

We offer various support services for workgroups, including:

- Disruptive event management (workplace crisis support).
- Personal and professional development trainings.

You have access to free, 30-minute consultations with a licensed attorney and/or a certified financial adviser. During these consultations, you can address:

- Legal concerns, such as landlord/tenant issues, real estate transactions, bankruptcy, child custody and other family matters, estate planning, immigration issues, and criminal matters.
- Debt management, credit concerns, student loans, mortgages, retirement planning, and financial hardships.

Our interactive website includes thousands of tools to help you and your family address most major life issues. Available resources include:

- Skill Builder courses and articles.
- Wellness, fitness, nutrition, and emotional well-being materials.
- Expert-led webinars on personal development, health topics, and caregiving.
- Financial education tools and legal forms, educational information, and discount offers.

MAP services are available to you and members of your household at no cost.

LifeSolutions@upmc.edu

1-855-209-8762 (TTY: 711)

To access the Work-Life section of our website, go to lifesolutionsforyou.com, click Login and enter your company code: Brick

Click on the Work-Life Resource Portal under Featured resources.

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