LifeSolutions®



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. Services are private, confidential, and available at no cost.

Counseling Support

- Our phones are answered 24/7/365 by clinicians who take a consultative approach.
- We offer anywhere, anyway access. Counseling sessions can be held in person, by telephone, virtually, and even by texting or chat.
- You can receive up to 6 sessions for help with depression, anxiety, and stress; substance or alcohol misuse; family and relationship issues; grief and loss; health coaching; burnout and exhaustion; and caregiver stress.

Concierge Services

We offer consultations and resource location if you need help with caring for a child, older loved one, or pet; home repairs; support groups; and more.

Legal and Financial Well-Being

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

- Living wills, real estate transactions, child custody and other family matters, estate planning, and criminal matters.
- Saving, budgeting, retirement, credit and debt issues, college funding, mortgages, financial hardships, and more.

Digital Resources

Our interactive website includes monthly featured topics; webinars hosted by industry experts; and other resources.

Organizational Well-Being

New and seasoned leaders, managers/supervisors, and HR personnel have access to unlimited 24/7/365 consultations, disruptive event management/critical incident services, Mental Health First Aid training, leadership trainings, and more.

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 that vary by race, ethnicity, and language.

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

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