Welcome to LifeWorks

Feel supported and connected with a confidential
Employee Assistance Program and innovative wellbeing resource

Life can be complicated. Get help with all of life's questions, issues and concerns with LifeWorks.
Any time, 24/7, 365 days a year.

LifeWorks offers support with mental, financial, physical and emotional wellbeing. Whether you have questions about handling stress at work and home, parenting and child care, managing money, or health issues, you can turn to LifeWorks for a confidential service that you can trust.

Life	Family	Health	Work	Money
Retirement	Parenting	Mental health	Time management	Saving
Midlife	Couples	Addictions	Career development	Investing
Student life	Separation/divorce	Fitness	Work relationships	Budgeting
Legal	Older relatives	Managing stress	Work stress	Managing debt
Relationships	Adoption	Nutrition	Managing people	Home buying
Disabilities	Death/loss	Sleep	Shift work	Renting
Crisis	Child care	Smoking cessation	Coping with change	Estate planning
Personal issues	Education	Alternative health	Communication	Bankruptcy

Call us, toll-free, 24/7:

800-433-7916

LifeWorks

Log in with LifeWorks today
Go to login.lifeworks.com OR download the mobile app

Username: GECSEAP

Password: telus