

# LIFEWORKS

## MENTAL HEALTH

Your membership with LifeWorks gives you 24/7 access to confidential assistance, short-term mental health counseling support, and practical online resources to support your wellbeing. To contact LifeWorks, call 866-835-0234, download the app, or visit [login.lifeworks.com](http://login.lifeworks.com).

**Username:** Planstin / **Password:** Lifeworks

LifeWorks counselors will work with you to create an action plan to help you address your concerns and meet your mental health needs. In some cases, LifeWorks may recommend you seek additional help beyond what is included under the LifeWorks program.

## MEMBERSHIP HIGHLIGHTS

- Unlimited\* 24/7 access to mental health professionals  
\*California residents are limited to three sessions per topic in a six-month period
- \$0 session fees for services delivered by LifeWorks
- Counseling is available in many different languages
- Counseling is available in a variety of modalities for in-person or remote counselling
- Mental health resources on the LifeWorks app include wellbeing assessments and CareNow programs for topics like stress, work-life balance, substance abuse, and mindfulness

**This program is not insurance and is not intended to replace insurance.**