



## Support in life. Success in work.

Whenever you need a helping hand—whether it's on the job or at home—you can rely on the confidential and prompt services and support of Life Solutions.

### Our trained professionals can help you and any of your family members cope with stressors:

- Family and relationship concerns
- Work and home life balance
- Disagreements with colleagues
- Course loads and student evaluations
- Self-confidence in teaching or presentations
- Meeting/Research/Publication deadlines
- Committee obligations
- Work focus

### Life Solutions offers many services:

- Coaching and counseling in person or by phone (assessment, short-term, and referrals)
- Referrals for child care and elder care
- Help with daily living issues
- Access to Beating the Blues US™, an online program for stress and anxiety
- 24/7 phone support
- Referrals to community resources

### You can receive up to six sessions with a trained counselor.

- Referrals for legal and financial services:
  - ✓ Free 30-minute legal consultation and up to 25 percent reduction in attorney fees after the consultation
  - ✓ Free 30-minute telephone consultation with a financial professional
- Access to our Work-Life portal and its many features:
  - ✓ Training webinars and skill builder courses
  - ✓ Downloadable legal forms, such as wills and powers of attorney
  - ✓ Financial calculators to create a budget
  - ✓ A savings center with 25 percent discounts on name brands

**Call 1-800-647-3327 today or visit [www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com).**



# Work-Life Services

Let our Work-Life team help you with referrals and resources for many different kinds of services. We can also provide expert advice on financial and legal matters during a private, personal consultation.

## We help find solutions

### Family advice

Get a legal consultation for tenants' rights, living wills, divorce settlements, and more. Most lawyers offer discounted rates for additional services beyond the initial consultation.

### Financial concerns

Access financial guidance for managing debt, budgeting, spending wisely, and more.

### Elder care

Use our experts to access geriatric assessments, Medicare, and long-term care solutions.

### Child care and adoption

Let us locate adoption agencies, nannies, and vacancies at day care facilities.

### Home improvement

Find a contractor, plumber, electrician, and others with our extensive local and national database.

### Health and wellness

Find a fitness center, a yoga class, and resources for weight management or smoking cessation.

### Other daily living concerns

Connect to services for pet care, travel, recreation, relocation, and much more.

## Use your benefit

We answer 24/7. Call us at **1-800-647-3327** to ask questions or to schedule an appointment. You can also visit us at **[www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com)**.

To access the Life Solutions website and Work-Life portal, enter your organization code on the homepage. Your organization code is **chatham**.

*Life Solutions is a private and confidential service available to you and members of your household at no cost.*