## A Guide to LifeMatters® Services

When you or your family need useful ideas, helpful resources, or reliable professional care, LifeMatters is just a phone call away. Free, confidential LifeMatters services include:

## Direct assistance from a professional counselor for:

- Stress, depression, and personal problems
- Balancing work and personal needs
- Family and relationship concerns
- Alcohol or drug dependency
- Workplace conflicts
- Any other issue of concern in your life

## **WorkLife Services:**

- Financial consultation and resources to set up a budget, obtain and review credit report information, or assist with debt management and consolidation.
- Legal consultation with an attorney either over the phone or face-to-face for consumer law, traffic citations and fender benders, family law, or estate planning.

## Online and assisted searches for:

- Child and elder care resources and guidance
- Adoption assistance



- Educational resources
- Personal security
- Online calculators for a variety of analytical questions and needs
- Home improvement
- Veterinarians, pet sitting, and obedience training

The program's user-friendly, confidential services are available to you and your eligible dependents 24 hours a day, every day of the year.

Services provided directly by LifeMatters are free. If you are referred to outside resources, you will be advised about your costs, if any.

