



Mental Health Support

Millions of people are affected by a mental health issue, whether it's a struggle with depression, anxiety, addiction, stress, or another issue.

Contact LifeWorks; we're here to help: Are you concerned about a child who may be suffering from anxiety, a family member who may be abusing opioids, or a worry in your own life? Remember that you can always contact one of our caring, professional consultants for confidential support 24/7.

Go to LifeWorks.com: We offer a wealth of resources. See the **Mental Health Support** feature on our home page. You'll find links to articles, infographics, and our new podcast, "Managing Your Moods," featuring Christine Padesky, a clinical psychologist, bestselling author, and leading expert in cognitive behavioral therapy. She describes simple research-tested skills you can learn to improve your mood and boost happiness.

LifeWorks is here to support you and your loved ones through whatever challenges you may be facing.

Call LifeWorks at 888-267-8126 anytime.

En español: 888-732-9020, TTY: 800-346-9188

You can also visit www.lifeworks.com

(username: ahrc; password: nassau).

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