

# Life happens.

When the unexpected comes your way,  
**WorkLife** is here to help.



Your employer has partnered with **WorkLife Partnership** to support you with overcoming work-life challenges. WorkLife uses the expertise of our **Resource Navigators** to connect you to **free, confidential support** when you need it.

## WHAT CAN A WORKLIFE NAVIGATOR HELP ME WITH?

- Finding resources for affordable childcare
- Support with transportation
- Budgeting and financial wellness
- Accessing food pantries
- Understanding medical benefits and how to use them
- Accessing resources for housing
- Connecting with mental behavioral health resources
- Stress management

## WHAT HAPPENS WHEN I REACH OUT TO WORKLIFE?

When you reach out to WorkLife, you will be connected to a Resource Navigator that will work with you at time—and using a method—that's most comfortable for you (phone, text, email, or video chat). Once you meet with your Resource Navigator, he/she will connect you to resources and support for whatever you may need.

## HOW DO I CONTACT WORKLIFE?

You can reach out to a Resource Navigator by phone, text, or email at the info below.\*

**CALL: 888-219-8993**

**TEXT: [NAVIGATOR](#) to [888-219-8993](#)**

**EMAIL: [NAVIGATOR@WORKLIFEPARTNERSHIP.ORG](mailto:NAVIGATOR@WORKLIFEPARTNERSHIP.ORG)**

FREE • CONFIDENTIAL • MOBILE

\*Please keep in mind that our Resource Navigators will return all emails and phone calls within 24 hours or the next business day.

Se habla español.

**workLife**  
PARTNERSHIP  
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