

# just in case you **NEED US**

... LifeSolutions is ready to provide important resources **during your time of leave.**

◆ **All of our services are private and confidential.**

## Here to Help ◆◆◆

- ◆ Caring for an aging parent?
- ◆ Worried about your new baby as you get ready to return to work?
- ◆ Need help in managing finances?

## The LifeSolutions Advantage ◆◆◆

- ◆ Finding the **right resources**
- ◆ Accessible **by phone**, the web or in person
- ◆ **No cost** to you as it is paid by your employer

## Use your Benefit

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

## offeringsolutions

### REFERRALS TO COMMUNITY RESOURCES

At **no cost**, we can find the appropriate resources for the many challenges faced during your time of leave. We can help with locating child care centers, quality care for a loved one, transportation services, and much more.

### IF YOU HAVE CONCERNS

Simply call our toll free number to discuss your area of concern. Worried about finances or legal matters; caregiver or personal strain; child or elder care support? We'll connect you with financial or legal services, a stress management strategist, help you find open child care vacancies and a host of other resources. We have a staff of professionals that will help you with your worries.

### RETURN TO WORK COACHING

If you are feeling anxious about returning to work, or need some reassurance as to what to expect, we can help you make a smooth transition back to your job.

