

# LifeSolutions®

## Support in life. Success in work.



When you need a helping hand—whether it's on the job or at home—you can rely on the confidential and quick support of LifeSolutions.

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

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

### LifeSolutions offers many services:

- Coaching and counseling in person, by phone, or via video (assessment, short-term counseling, and referrals)
  - You can receive up to six sessions with a trained counselor.
- Referrals for child care, elder care, and home care
- Help with daily living issues
- 24/7 phone support
- Referrals to community resources

- Referrals for legal and financial services:
  - Free 30-minute legal consultation and up to 25 percent off the attorney's fees
  - Free 30-minute telephone consultation with a financial professional
- Access to the Work-Life section of our website and its many features:
  - Training webinars and Skill Builder courses
  - Downloadable legal forms, such as wills and powers of attorney
  - Financial calculators to assist with budgeting
  - A savings center with up to 25 percent off select brands

### LifeSolutions also gives you access to the RxWell mobile app:

- Get support for stress, anxiety, or depression
- Address weight management or nutrition issues
- Increase your physical activity

**Call 1-866-647-3432 (TTY: 711) today,  
or visit [hr.pitt.edu/lifesolutions](http://hr.pitt.edu/lifesolutions).**



University of Pittsburgh