

LifeSolutions®

Your Student Assistance Program



Sometimes life becomes too much to handle by yourself. LifeSolutions is a no-cost student assistance program that helps you balance school, family, and personal needs to become healthier, happier, and more productive.

LifeSolutions can help you succeed at school and at home. We offer private and confidential resources and support inclusive of all populations, including diverse individuals, LGBTQIA+, disabled persons, and others.

We can support you through a wide range of challenges, including:

- Transitioning to college life.
- Improving communication.
- Prioritizing time to meet all your demands.
- Overcoming relationship problems.
- Building on healthy life decisions.
- Understanding drug or alcohol misuse.
- Managing cultural diversity.

You can also work with the counselor to access other important services:

- Referrals for community resources, such as child care, support groups, crisis events, etc.
- A free, 30-minute consultation with a financial professional to discuss issues like budgeting or credit concerns

- A free, 30-minute legal consultation and up to a 25 percent reduction in attorney fees after the consultation
- The RxWell app, with interactive techniques to calm your mind, challenge old patterns of thinking and provide in-the-moment relief from anxiety or stress (available in the App Store and Google Play™)

LifeSolutions offers support and well-being services, information, resources, and referrals for a variety of issues.

Our services are available 24/7. Give us a call and give yourself some peace of mind.

Call 1 833-223-5754 (TTY: 711) to schedule an appointment with the counselor. We are available 24/7 to those in crisis.

LifeSolutions is here to help.

**lifesolutions@upmc.edu
work.partners/student-assistance-program
1 833-223-5754 (TTY:711)
University Code: STUDENT**

workpartners