

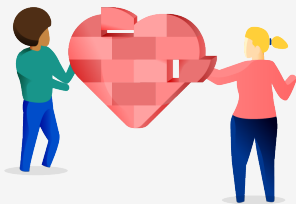


Seeking counseling doesn't mean there's something "wrong with you." When we are facing challenges, talking with a trained mental health professional can be very beneficial.

With LifeWorks, you have access to free counseling online, over the phone, or in-person. Counseling can help you:

- Understand and handle feelings of anxiety, sadness or anger
- Improve relationships with your friends and family
- Change negative thinking patterns
- Cope with a traumatic event
- Focus on the future
- Set goals and stick to them

Counseling is nothing to be ashamed of. Reach out to LifeWorks to find out how counseling can benefit you.



Visit us online:

login.lifeworks.com

Call us, toll-free, 24/7:

855-397-2216

User ID:

jabil

Password:

1104

Download the app now, just search for "LifeWorks".

