
EMPLOYEE ASSISTANCE PROGRAM

Team, we hope that you are managing well during this time. Also, we hope that you and your family are staying safe and healthy. If you feel that you are experiencing any anxiety during this time, please reach out to the Agency's sponsored employee assistance program through **ALLSTATE Benefits (see attached brochure)**.

They can be reached at:

Contact LifeWorks

Phone: 800-742-9295

www.LifeWorks.com

Username: ab

Password: lifeworks

**Also, you can reach out to the MS Department of
Mental Health Crisis Hot Line at:**

[1 877 210-8513](tel:18772108513)

If there are any questions, please don't hesitate to contact me at
mgavin@mapheadstart.org.

STAY SAFE AND HEALTHY!



Allstate BENEFITS

Valuable support during some of life's toughest moments

The death of a loved one. A financial hardship. A divorce. These unwelcome events are unfortunately part of life and can be a heavy burden to bear. Fortunately, LifeWorks can provide support and guidance.

LifeWorks Employee Assistance

Confidential Support Services for Difficult Life Events

LifeWorks, an enhancement to the Allstate Benefits Group Term Life product, is designed to provide confidential, timely assistance to help address the emotional, legal and financial concerns following the death of a loved one or major life event.

Here's How It Works

Peace of mind and caring, knowledgeable support go a long way when life changes occur. LifeWorks brings you help when you need it the most.

Grief support services

- Confidential, personal assistance to help families cope with the grief of losing a loved one
- 24/7 telephone grief support provided by caring, professional consultants
- Up to three in-person counseling sessions at no cost

LifeWorks.com

- Practical, online resources, tips and tools on a range of topics to help address life's changes
- Access to online legal library with hundreds of topics, including state-specific guides, forms and support for estate planning
- Access to online financial library of resources, including assessment tools, articles, podcasts and more
- Access to work/life library addressing topics such as parenting, child care, elder care and more

Financial and legal services

- Telephone support for legal and financial matters
- Access to LifeWorks on staff attorneys to discuss legal areas such as estate law, living wills/ power of attorney, real estate law, family law, credit and collections law
- Access and discount to a network of 22,000 attorneys
- Access to LifeWorks on staff financial counselors for guidance and coaching on issues such as debt management, budgeting, saving, investing, home buying and financial emergencies

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This program is delivered through LifeWorks. LifeWorks abides by state and federal laws. These laws may require them to limit service or report information to authorities regarding child abuse, elder abuse or threat of harm to yourself or others.