**LIFEWORKS - EMPLOYEE ASSISTANCE PROGRAM (EAP)**

LifeWorks is the District’s Employee Assistance Program (EAP). It is a confidential referral and support service for employees and their family members. The program is designed to help individuals cope with a wide range of personal and professional problems that can affect health and well-being as well as job performance. The program ensures strict confidentiality. No information regarding an employee’s participation in the EAP is released unless the employee authorizes it in writing.

LifeWorks professional staff are licensed and certified in their respective disciplines. There is no cost to you to use their basic services.

A consultant can be reached by calling 1-877-234-5151, or en español 1-888-732-9020, 24 hours a day, 365 days a year or by visiting their website at [www.lifeworks.com](http://www.lifeworks.com). Enter the username: rio and password: 5292.

This site is full of information and resources that may assist with your concerns. You can read articles, contact a consultant, listen to audios, take self-assessments, order or download booklets and CDs and much more.

The network of counselors and specialists can assist in addressing a wide range of concerns including:

- Emotional and Marital/Relationship Issues
- Child/Elder Care Referrals
- Substance Abuse
- Child Care and Parenting Concerns
- Legal Assistance
- Financial Consultation
- Health and Wellness
- Educational Referrals

There is no charge for using the basic services. If extended services or a referral is required there may be a charge for the service at a discounted rate.