

LIVING BETTER: NURTURE YOURSELF



We can help you achieve your emotional and practical wellbeing.

Talk to an expert about

- Improving relationships
- Managing life changes
- Improving self-esteem and confidence
- Achieving work-life harmony

Request information about

- Childcare needs
- Caring for an elder
- School success
- Finding a gym

And many other topics. Just reach out. We can help!

Support is available 24 hours a day, 7 days a week.

Access is easy and confidential.

No matter when, no matter where, you have free, confidential support via multiple channels. Log in to the website to get all the information.



Freephone
18888517032



WhatsApp
+1 984 920 6875 Message only



Direct Dial
+1-9197064551



Website
<http://global.resourcesforyourlife.com>
Company Code: Workato



Book an Appointment
Log on to your member website to schedule an appointment.



Balancy
Download the member app and register using the access code:
203474

Employee Assistance Programme

Support is provided by Workplace Options, staffed by professionals who are completely independent of your organisation. They are bound by professional standards regarding confidentiality and do not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your organisation.