

SUPPORT TO ACHIEVE YOUR BEST

Balanced living relies on total wellbeing. It is important to recognise when situations create an unhealthy amount of stress, distraction, or worry. Before any work or life issue becomes a larger problem, or for support when you're facing difficulties, contact the service for free, confidential counselling and information.

Live assistance is always available.

As an employee, you and your family have access to free, confidential assistance with any work, personal or family issue. Any time, any day, you can contact the service for live assistance including: short-term professional counselling, in-the-moment telephonic support and video support.

We are here to support you.

Professionals are ready to assist you with any issue that matters to you and your family.

Topics include, but are not limited to:

- Improving family communication
- Harmony between work and home life
- Managing life changes
- Handling stress
- Surviving the loss of a loved one
- Managing anxiety and depression
- Bullying and harassment
- Managing workplace pressure
- Couples' support
- Parenting
- Caring for an elder

The service is confidential.

Employee support is provided by Workplace Options, an organisation staffed by professionals who are completely independent of your employer. Workplace Options is bound by professional standards regarding confidentiality and does 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 employer.

You're supported worldwide.

- Available 24 hours a day, 7 days a week, 365 days a year
- Access available worldwide by phone, email, or web
- Provides information and counselling on any work, personal, or family issue that matters to you
- No cost to you to use the service
- Support available in your language



Free Phone

Argentina	0800 666 3495
Australia	1 800 730 931
Canada	877 847 4525
Germany	0800 723 7177
India	000800 100 9445
Ireland	1800 490 390
Italy	800 727 463
Japan	0800 222 1990
Netherlands	0 800 022 2285
Philippines	1800 1888 0713 & 1800 891 0105
Russian Federation	8 800 100 9480
Singapore	800 130 1950
Spain	900 838 416
Taiwan	00801 85 6736
United Kingdom	0800 243 458
United States	1 888 851 7032

Direct Dial

Argentina	+54 11 5219 8862
Australia	+61 2 8046 6416
Canada	+1 416 956 2979
Germany	+49 322 2109 5114
India	+91 80 6608 0031
Ireland	+44 20 8987 6230
Italy	+39 02 8710 3897
Japan	+81 36866 2815
Netherlands	+31 20 703 8360
Philippines	+63 2 8 395 3455
Russian Federation	+7 499 951 6690
Singapore	+65 6692 0848
Spain	+34 918 368 897
Taiwan	+886 2 7703 2446
United Kingdom	+44 20 8987 6230
United States	+1 919 706 4551

Access is easy.

No matter when, no matter where, you have free, confidential support by phone, email, or web. Call or log on to get started.

If you are calling from a location not listed above, or if you are experiencing difficulty with a freephone number, you may place a reverse-charge call.

Access your local operator and request to place a **reverse-charge call** to the **direct dial number listed above**.

Website: global.resourcesforyourlife.com

Company Code: Workato

E-mail: support@resourcesforyourlife.com

Standard text messaging rates may apply. Please include your name, country location, and phone number where you can be reached.