



Reach out. Get help. Feel better.

LifeWorks (previously known as Posaction Plus) provides tools to improve your mental, physical, social and financial well-being. You and your family will have access to counselling and resources that are totally confidential, 24/7.

Immediate and confidential support

You can trust LifeWorks to help you and your family find solutions for a wide range of life's challenges.

Access counselling

- Up to 12 hours of counselling during the school year (September 1 - August 31)
- Call or chat online to book a service or for immediate clinical consultation
- Referrals to more than 3,000 in-person professional counsellors and affiliates

Explore LifeWorks

- **CareNow:** Access self-guided programs designed to help with anxiety, depression, stress and more.
- **Assessments and toolkits:** Learn how to strengthen and improve your well-being with these tools in different areas.
- **Articles, videos and podcasts:** Check out the expansive library on all aspects of total wellbeing. A mixture of practical advice, research and general information on many subjects available 24/7.

LifeWorks is a value-added service included with your long term disability (LTD) group plan. Therefore, there are no out-of-pocket expenses for using the services or receipts to submit.

To get the help and support you need, call 24/7:
1-800-668-0193

To connect with LifeWorks online:
otiptl.lifeworks.com or by mobile app

Username: Lifeworks1
Password: @OTIPTL123

LifeWorks



Let caring professionals help you access support related to:

Achieving well-being

- Stress ● Depression ● Anxiety ● Anger
- Crisis situations ● Life transitions

Managing relationships and family

- Separation/divorce ● Parenting ● Elder care
- Relationship conflict ● Blended family issues

Dealing with workplace challenges

- Conflict ● Career planning ● Work-life balance
- Bullying and harassment

Tackling addictions

- Alcohol ● Drugs ● Tobacco/Nicotine ● Gambling
- Other addictions ● Post-recovery support
- Create an action plan for better health

To get the help and support you need, call 24/7:
1-800-668-0193

To connect with LifeWorks online:
otiptl.lifeworks.com or by mobile app

Username: Lifeworks1

Password: @OTIPTL123

*Services are provided in English and French. If service is required in another language, please request upon intake.

LifeWorks