



When you have a long
list of stressors – and a
longer list of to-dos

When you’re dealing with the pressures of everyday life,
Emotional Wellbeing Solutions is here for you.

**Help is available over the phone or
online, anytime**

Emotional Wellbeing Navigation Specialists are available
by phone to listen to your needs and connect you with
resources that can help with a range of life concerns and
stressors, including:

- Relationship problems
- Workplace conflicts and changes
- Parenting and family issues
- Eldercare support
- Stress, anxiety and depression
- Legal and financial concerns

You can also access **5 coaching and counseling visits** either
in person or virtually with a provider in our large network –
at no cost.

**Support for
everyday
life**



To learn more, scan the
QR code or visit
liveandworkwell.com
and enter the access
code: **pfisd**

Or call us today at
866.248.4094

**24/7
availability** | **Confidential** | **No cost
to you**