

Counseling Members facing stressful or emotional issues have 24/7, year-round access to prompt counseling services. Beginning with your first toll-free call, our master's level licensed clinicians will listen carefully to assess your needs. Crisis intervention and licensed clinicians are always at the ready for urgent situations!

Innovative Web-based Services Our website [LiveAndWorkWell.com](https://www.liveandworkwell.com) provides members with confidential support for life's challenges. It offers a wealth of information including articles, health risk assessments, health/fitness calculators and other helpful resources for you to use while developing your self-improvement strategies.

Legal and Financial Services Members also have access to help with issues such as mounting credit card debt, divorce, child custody matters, and shelter from abusive relationships. The effect of these and other concerns can be just as detrimental to your health and well-being as a clinical issue—and assistance with these issues is included in all of our options.

Mediation Access to a national network of over 2,000 mediators to help resolve family-related disputes. All mediators are either licensed attorneys or subject matter experts with advanced degrees and over five years of professional mediation experience. Caller may receive a free 30 minute telephonic or in person consultation with a 25% discounted rate for additional services with a network attorney. (Caller is responsible for attorney costs)

Topics may include but are not limited to:

- Separation
- Child Custody
- Visitation
- Child Support
- Healthcare
- Inheritance disputes
- Divorce Property division
- Debt division
- Living arrangement



Tools to help you move forward

Student Assistance Program

One call to the Student Assistance Program toll-free number gives you, as a member, access to the support you need, when you need it. Our specialized services give the confidential assistance needed to deal with personal issues and crises before they interfere with concentration, attendance, motivation and potentially become high-risk behaviors.

Student Assistance Program services are provided through OptumHealth Behavioral Solutions and OptumHealth Care Solutions, UnitedHealth Group companies. The Student Assistance Program is not a substitute for medical attention. If you have an emergency medical condition, you should call 911 or your local emergency services number.

