

The Supervisor's Guide to LifeResources — Member Assistance Program Free tools for you!

On-site Seminars

We come to your worksite to provide free professional and personal development seminars. Select from a variety of topics such as: motivating employees, conflict negotiation, stress management, harassment/discrimination prevention, communication skills, and leadership skills, to name a few. Trainings can be tailored to meet your needs, and typically last from 1-2 hours. They can be offered to employees, managers, or a combined group. For a complete list of topics and descriptions, contact us for a LifeResources Training Catalog.



Management Consultation Services

When you are challenged with the responsibilities of managing staff, climbing the ranks, juggling multiple responsibilities, and motivating employees, call to speak with our LifeResources Counselors to strategize about your circumstances. Our Counselors are available 24/7 to assist you. Appointments may be arranged for free short-term phone consultation sessions.

Critical Incident Response Services



When a work group experiences a traumatic event (illness, injury, death, accident, etc.), we are able to support you and your employees by helping you manage the critical incident from beginning to end. If needed, Counselors are available to be on-site to facilitate meetings, discuss the impact of the incident, and offer coping strategies. Call the toll-free number below to speak to a Counselor 24/7.

Substance Abuse Professional Services

When an employee tests positive for a DOT-required drug/alcohol screening, they can be referred to us for a SAP evaluation with one of our specially trained and licensed counselors. We will monitor the process - their compliance with the evaluation and subsequent treatment - while reporting the required necessary information to the employer to make relevant employment decisions.



800.759.8122
Always here to help!

