

Life happens.

When the unexpected comes your way,
WorkLife is here to help.



Your employer has partnered with **WorkLife Partnership** to support you with overcoming difficult work-life challenges. WorkLife uses the expertise of our **Navigators** to connect you to **free, confidential support** when you need it.

WHAT CAN A WORKLIFE NAVIGATOR HELP ME WITH?

- Finding resources for affordable childcare
- Support with transportation
- Budgeting and financial wellness
- Accessing food pantries
- Understanding medical benefits and how to use them
- Navigating/accessing resources to find affordable housing options
- Connecting with mental behavioral health resources
- Stress management

WHAT HAPPENS WHEN I REACH OUT TO WORKLIFE?

When you reach out to WorkLife, you will be connected to a Navigator who can meet you at a time and public place—such as a coffee shop, your place of work, or library—that is most convenient for you. Navigators can also meet with you virtually by phone, text, email, or video conferencing. Once you meet with the Navigator, you will work together to create a plan to overcome your work-life challenges.

HOW DO I CONTACT WORKLIFE?

You can reach out to a WorkLife Navigator by phone, text, or email.*

CALL: 303-298-1625

TEXT: [NAVIGATOR](#) TO: [555888](#)

EMAIL: NAVIGATOR@WORKLIFECOLORADO.ORG

FREE • CONFIDENTIAL • MOBILE

*Please keep in mind that our Navigators will return all emails, texts, and phone calls within 24 hours or the next business day.

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