



## June feature – How We Can Help

Did you know that **Mohawk shared services EAP Powered by LifeWorks** can help you talk through a personal or work conflict to find solutions? Assist you in finding childcare? Help you more effectively manage symptoms of stress, work with you to reach a financial goal, or prepare for retirement? We can even help you better understand your rights as a renter.

**Log in to the program website to learn about the many ways we can help.** This month, see the **How We Can Help** feature on our homepage for links to articles, infographics, toolkits, and our new podcast, “Sleep Health Tips.” Dr. Colleen Carney, a leading expert on insomnia and coauthor of *Good Night Mind*, shares research-based tips on how to relax, calm your mind, and get a good night’s sleep.

**You can also contact us toll-free**, any time, for support, advice, resources, and referrals from a qualified program consultant.

**Mohawk shared services EAP Powered by LifeWorks** is here for you, day and night, 24/7, whenever you need us.

**Call Mohawk shared services EAP Powered by LifeWorks toll-free, any time: 1-888- 521-8300**  
**Online: [www.lifeworks.com](http://www.lifeworks.com) or [login.lifeworks.com](http://login.lifeworks.com)**  
**(username: HHSC; password: MSSl).**

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