

Work Life Assistance

Confidential WLA services can also be provided to you virtually!

Why Work Life Assistance?

Independence Health Employer Services and your employer value your overall wellness and, as a result, has engaged the services of Talbot Health Services Work Life Assistance Program.

To help ensure your work/life balance, our professionally trained staff are available for up to 5 WLA sessions. WLA is available for you and your family situation in either an office or virtual video setting. These services are confidential and free of charge.

Should You Seek Help?

ARE YOU FEELING:

- Overwhelmed/Worried
- Frustrated, Angry or Sad
- Hopeless

ARE YOU STRUGGLING WITH:

- Relationship Conflicts
- Concentration
- Sleeping and/or Eating
- Family Related Stress
- Alcohol, Drugs or Gambling
- Grief/Loss

Services Available

- Professional Assessment
- Problem Resolution and Skill Development
- Individual and Family Interventions
- Referral to Community Resources
- Basic Money/Time Management
- Various Local Appointment Sites

Every effort will be made to schedule appointments within 48 hours



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