

LifeSolutions®

Are Personal Concerns Distracting You From Work?



We all need to give our full attention while at work. Staying focused keeps the workplace productive, safe, and enjoyable for everyone. But life can get in the way.

It's normal for issues at home to occasionally keep you from being your best on the job or in other places that matter to you. Everyone has bad days.

But if you find yourself distracted at work more often than not, it might be time to get help.

If you are struggling to concentrate, having trouble sleeping, or lacking an appetite because of issues at home or work, you may want to speak with a professional. Your first responder assistance program is here for you.

LifeSolutions' services are private and confidential. They are available to you and members of your household at no cost.

Call or email us to ask questions or schedule an appointment.

LifeSolutions is here to help.

**lifesolutions@upmc.edu
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To access our website, go to [lifesolutionsfor you.com](https://lifesolutionsforyou.com), click Login, and enter your company code: WEBT



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