Veterinary Professional Assistance Program (VPAP)

Counseling Services

From time to time, we all need support to deal with an issue or challenge. If you could benefit from professional help to proactively address a personal or work-related concern, you can turn to LifeWorks.

The Veterinary Professional Assistance Program (VPAP) is available to you and your dependents at no additional cost (as defined your plan) and includes access to confidential counseling. Here are just some of the ways that counseling can help:

- You're dealing with conflict or changes at work and it's affecting your productivity.
- You'd like to learn to better control anger or manage stress.
- You recently learned you have a chronic illness or disability.
- You're going through a separation or divorce.
- You're concerned about an addicted spouse or family member.
- You're struggling with self-esteem or communication issues; parenting challenges; midlife concerns; sexual orientation or gender identity, or other personal issues.

To get started, contact LifeWorks toll-free anytime, 24/7, to speak with a caring advisor for guidance, resources, and a referral to a counselor for face-to-face, telephonic, or video sessions for short-term, solution-focused counseling. All our counselors are experienced therapists with a minimum Master's degree in psychology, social work, educational counseling, or other social services field.

Call us, toll-free, 24/7:	En español:	TTY:
1-844-664-0379	1-844-664-0379	711
Visit us online:	**Username:**	**Password:**
login.lifeworks.com	VPAP	resources

© 2021 LifeWorks (US) Ltd.