

Empowering work-life wellness



Effective July 1, 2025, the USC WorkWell Center will become part of USC's Office of Behavioral Health, which coordinates mental health and wellness programs for all faculty, staff and students at all USC campuses. Under the leadership of the new Vice President of Behavioral Health [\[https://view.comms.usc.edu/?qs=9edb5c0b78a8489e180bad886b19f63fa1b11d13eb6d3931e7cf978a13a094d4ffaa71223365f777ae8cbf4f53adf861baf2a3580d40c497e47b957ecfc045d10ce5ba30baa6daa73a18f90f946ec75433ca798fcc897b2f\]](https://view.comms.usc.edu/?qs=9edb5c0b78a8489e180bad886b19f63fa1b11d13eb6d3931e7cf978a13a094d4ffaa71223365f777ae8cbf4f53adf861baf2a3580d40c497e47b957ecfc045d10ce5ba30baa6daa73a18f90f946ec75433ca798fcc897b2f), Dr. Steve Siegel, WorkWell looks forward to elevating our services to have more impact than ever before.

The USC WorkWell Center provides programs, resources, and services to USC benefits-eligible faculty, staff, post-docs, and retirees that help them thrive in all areas of work-life wellness.

The WorkWell Center is one of the great perks of working at USC! USC cares about and values the health and well-being of its most important asset – you – which is why the WorkWell Center is here to support and empower faculty and staff through a variety of confidential, free, and convenient services.

Programs & Services



Health & Well-being
[\[https://workwell.us\]](https://workwell.us)



Counseling
[\[https://workwell.us\]](https://workwell.us)



Coaching
[\[https://workwell.us\]](https://workwell.us)



Consulting
[\[https://workwell.us\]](https://workwell.us)



Talks & Groups
[\[https://workwell.us\]](https://workwell.us)

[c.edu/services/health
-and-well-being/\]](https://workwell.usc.edu/services/health-and-well-being/)

[c.edu/services/couns
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[c.edu/services/coachi
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[c.edu/services/consul
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[c.edu/services/talks-
and-groups/\]](https://workwell.usc.edu/services/talks-and-groups/)

2025 Wildfires Support Group [<https://workwell.usc.edu/services/talks-and-groups/support-groups/#wildfires-support>]

Navigating Challenging Times Dialogue Group [<https://workwell.usc.edu/services/talks-and-groups/support-groups/#dialogue-group>]

[View All of Our Programs & Services \[https://workwell.usc.edu/services/\]](https://workwell.usc.edu/services/)



Events & Workshops

Whether it's a webinar series, weekly support group, or seasonal wellness challenge, the WorkWell Center provides numerous ways for you to establish or continue long-lasting healthy habits.

Explore All Events >

Featured



Healthy Campus Initiative
[<https://workwell.usc.edu/services/health-and-well-being/>]



[<https://workwell.usc.edu/tools-resources/lifeworks-for-usc/>]

th-and-well-being/healthy-campus-initiative/]

The cornerstone of our Health & Well-being Program, this university-wide collaboration will incorporate elements of health and well-being into our daily work life.

TELUS Health EAP (formerly LifeWorks for USC)

[<https://workwell.usc.edu/tools-resources/lifeworks-for-usc/>]

This online and app-based well-being platform offers resources such as articles, eBooks, and toolkits related to work, life, health, family, and money – at no cost to you.

Tools & Resources



Explore Our Guides

[<https://workwell.usc.edu/home/tools-resources/#guides>]

We've got a variety of resources to help you implement wellness into every aspect of your life.

USC WorkWell Center



Videos and YouTube Channel

[<https://workwell.usc.edu/home/tools-resources/#video-archive>]

Visit our YouTube channel to view videos from past events and webinars.