

# Empower Work

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Are you experiencing workplace issues such as bullying/discrimination/harassment, getting fired or leaving a job, manager or coworker issues, burnout/anxiety/workplace stress, or unhealthy/unsafe/unequal working conditions? [Empower Work](#) will connect you with a trained counselor for **free** and confidential support.

There's the option to chat, text, or call. When starting a chat, it replies with an automatic message with their terms of agreement (short version: "We value your privacy, we will respect anonymity, and we will not share your data or information. We reserve the right to end the service."). The real person you chat with will ask questions about your situation in order to gain a deeper understanding then they will offer advice/potential solutions. This video explains what to expect when you reach out to Empower Work.