



**A free, confidential text line
for any work issue**

Empower Work is the first accessible and confidential text line for work issues that puts people first.

Anyone in the U.S. can immediately connect for free with a trained peer counselor via text to feel heard, supported, and if needed, connected to resources.

How it works

Text 510-674-1414 or click the web chat on the website to connect with an Empower Work peer counselor. Counselors explore what's going on and support each person on a path forward that works for them.

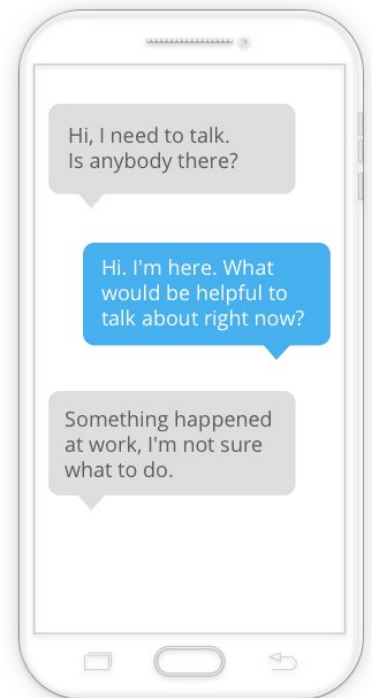
Why it matters

Difficult situations at work are universal, but resources to navigate them are not. Over 95% of working Americans have faced at least one challenging situation at work. In our research, half left their job as a result. Underrepresented workers often face the most negative economic impacts.

Our approach

As a mission-driven nonprofit, our goal is to ensure that everyone has a supportive advocate to help them navigate their toughest work challenges.

Over 92% of people say they feel better after talking to an Empower Work peer counselor.



"Thank you for being [there] for me in the midst of a truly horrible, awful, depressing work situation. You helped me figure out my next steps."

-Empower Work Texter navigating a toxic work environment

Learn more

To learn more about Empower Work, connect with a trained peer counselor, or volunteer, visit www.empowerwork.org or email us at hello@empowerwork.org.

Text 510-674-1414 or click the web chat from www.empowerwork.org