



Let us help.

Understanding your Employee Assistance Program (EAP).

Your Employee Assistance Program (EAP) provides you with immediate and confidential help for any work, health or life concern. We're available anytime and anywhere.

Your EAP is a confidential and voluntary support service that can help you take the first step toward change. Let us help you find solutions to the challenges you face at any age and stage of life.

You and your immediate family members (as defined in your employee benefit plan) can access immediate and confidential support in a way that is most suited to your preferences, comfort level and lifestyle.

No cost

There is no cost to you or your family to use your EAP. This benefit is provided to you by your employer. Your EAP can provide a series of sessions with a professional and if you need more specialized or longer-term support, our team of experts can suggest an appropriate specialist or service that is best suited to your needs. While fees for these additional services are your responsibility, they may be covered by your provincial or organizational health plan.

Confidentiality

Your EAP is completely confidential within the limits of the law. No one, including your employer, will ever know that you have used the program unless you choose to tell them.

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Let us help.

Access your Employee Assistance Program (EAP) 24/7 by phone.





Convenient access to online resources.

Call us
Support is
always available.

**Share
your concerns**
With a professional
advisor for expert
advice, strategies
and next steps.

Provide your name
and employer's name
to an advisor. Your
information will be
kept confidential.



Arrange with the advisor
about how, when, and
where you want to be
contacted if follow-up
is required.

Solutions for your work, health and life.

Achieve wellbeing

- Stress • Mental health concerns
- Grief and loss • Crisis situations



Manage relationships and family

- Communication • Separation/divorce
- Parenting



Deal with workplace challenges

- Stress • Performance
- Work-life balance



Tackle addictions

- Alcohol • Drugs
- Smoking cessation • Gambling



Find child and elder care resources

- Child care • Schooling
- Nursing/retirement homes



Get legal advice

- Family law • Separation/divorce
- Custody



Financial helpline support

- Debt management • Bankruptcy
- Retirement

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