



# Employee Assistance Program (EAP)

Reach out. Get help. Feel better.

You can trust the employee & family assistance program (EAP) to help you and your family find solutions for a wide range of life's challenges.

Our streamlined EAP gives you immediate\* access to care when you need it most. You and your family can connect directly to qualified clinicians skipping the traditional intake processes that often delay critical support when time matters most.

Caring clinicians can provide you with support related to:

- Finances
- Elder care
- Legal
- Mindfulness coaching
- Fitness and physical health
- Mental health
- Relationships

**There are many ways to get help today - all completely confidential.**

You and your eligible family members can receive support over the telephone, in person, online, and through a variety of health and wellness resources. For each concern you are experiencing, you can receive a series of private sessions with an expert. You can also take advantage of online tools to help manage your and your family's health. You'll get practical and fast support in a way that is most suited to your preferences, learning preference and lifestyle.

## Solutions for a wide range of life's challenges.

Let us help you:



### Overall wellbeing

- Stress
- Depression
- Anxiety
- Anger
- Crisis situations
- Life transitions
- Mindfulness coaching



### Financial support

- Credit and debt management
- Budgeting
- Bankruptcy
- Financial emergencies
- Changing circumstances



### Legal support services

- Separation and divorce
- Civil litigation
- Custody and child support
- Wills and estate planning
- In-person legal consultation



### Focus on your health

- Identify conditions
- Prevent illness
- Manage symptoms
- Discover natural healing strategies
- Create an action plan for better health



### Manage relationships and family

- Separation and divorce
- Elder care
- Relationship conflict
- Parenting
- Blended Family issues



### Deal with workplace challenges

- Work-life balance
- Conflict
- Bullying and harassment
- Manager Assist



### Find child and elder care resources

- Maternity and parental leave
- Adoption
- Child care services
- Schooling
- Adult day programs
- Nursing and retirement homes



### Tackle addictions

- Alcohol
- Tobacco
- Drugs
- Gambling
- Other addictions
- Post-recovery support



Please note the phone number has changed. Kindly update your records with the new number.

Username:

Password:

\*Users are connected with a clinician within 30 seconds of calling in 90% of cases.