

A woman with dark hair, wearing a teal shirt and dark overalls, is smiling and holding two white tote bags filled with groceries. She is standing in a bright, modern kitchen with white cabinetry and a marble countertop. In the background, there is a sink, a window, and various kitchen items on the counter.

# 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.

Caring professionals can help you access support related to:

- Fitness and physical health
- Mental health
- Relationships
- Nutrition
- Finances
- Elder care
- Legal

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:



### Nutrition support

- Weight management
- Boost energy and resilience
- High cholesterol
- High blood pressure
- Diabetes
- Heart disease



### Achieve well-being

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



### 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



### 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
- Career planning
- Bullying and harassment



### 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



Visit us online:

Call us, toll-free, 24/7:

Username:

Password:

# How to use the Employee Assistance Program.

The Employee Assistance Program (EAP) is a free and confidential service provided by your employer that offers help with personal and work-related issues.

Professionally trained advisors are available to help with family problems, marital concerns, financial and legal matters, stress, depression, and other issues affecting your personal or work life.

Call your EAP toll-free, any time, **24/7, 365 days a year:**



1

Call us

If you're using the mobile app, you can call us with one tap from your smartphone.

2

Provide your name

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

3

Share your concerns

with a professional advisor for expert advice, strategies, and next steps.

4

Arrange with the advisor

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

Your advisor will ask for your employer's name (or other sponsoring organization's name) so we can confirm the type of service available to you, along with other important health insurance and benefits information.



An advisor will discuss your needs and concerns with you, listen, and assess the situation. Depending on your situation, the EAP advisor may:



#### Work

with you to make a plan to resolve your issues or concerns.



#### Help

you navigate the EAP website for helpful resources, including articles, booklets, recordings, and more.



#### Refer

you to an EAP counsellor for short-term support.



#### Guide

you to resources in your community, such as a support group or helping agency.



#### Recommend

community support for long-term counselling needs.



## The EAP is free.

The EAP is a service provided by your employer at no cost to you. That means that you pay nothing to use it.

However, if you accept a referral to services outside the EAP, you may be responsible for costs that may be associated with resources external to the EAP. The EAP advisor will work with you to find the most appropriate and cost-effective help to address your needs.

If you are or someone close to you is going through a difficult time, remember the EAP is only a phone call away. Contact us today.

