



Employee Assistance Program

Practical Help for Life's Challenges

Confidential support services that can help you and your family solve a wide range of problems and challenges in your lives, at no cost to you. In our increasingly fast-paced world, you may find it challenging to take care of yourself while balancing responsibilities at work with obligations at home.

The EAP offers timely, professional assistance and support to help manage all of life's complexities. The EAP can be contacted toll-free, 24 hours per day, 7 days per week so that you can access support when you need it.

The EAP can help you:

- Resolve personal and emotional difficulties
- Address marital and relationship issues
- Strengthen relationships and improve communication
- Deal with stress, anxiety and depression
- Understand grief and bereavement
- Find solutions for work-related issues
- Work towards life goals
- Find resources for your family in the community
- Address alcohol and drug misuse
- Access crisis and trauma support
- Find solutions relating to Legal or Financial issues
- Find Child/Elder care solutions

Connect with us for confidential support or to learn more

Enjoy the convenience and privacy of speaking to a counselor over the phone or access helpful resources online.

For immediate assistance, contact us at

or visit