



# 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



#### Focus on your health

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



#### Achieve well-being

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

Manage relationships

· Separation and divorce

and family

Elder care

Parenting



#### **Financial support**

- · Credit and debt management
- Budgeting
- Bankruptcy

Deal with

Conflict

• Financial emergencies

workplace challenges

· Bullying and harassment

• Work-life balance

Career planning

Changing circumstances



#### Legal support services

- · Separation and divorce
- Civil litigation
- · Custody and child support
- · Wills and estate planning



#### 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:



· Blended Family issues

· Relationship conflict