

Employee Assistance Program

The Employee Assistance Program (EAP) is a free, confidential and voluntary support service that helps employees and eligible family members solve all kinds of problems and challenges in their life.

You and your immediate family members receive support over the telephone, in person, online and through a variety of issue-based health and wellness resources. For each concern that you are experiencing, you can receive a series of counselling sessions. You can also take advantage of online tools to help manage personal well-being.

You'll get practical, relevant support, quickly and in a way that is most suited to your preferences, learning approach and lifestyle. Caring professionals can help you select the support options that work best for you.

The following resources are available:

- Achieve personal well-being
- Manage relationships and family
- Get legal clarity
- Get financial clarity
- Research child and elder care resources
- Address workplace challenges
- Tackle addictions
- Understand nutrition
- Get health advice