

Connect to better health and well-being

Immediate, confidential help for any concern

EMPLOYEE ASSISTANCE PROGRAM

WarrenShepell



Your employee assistance program

Feel better. Solve a problem. Prevent future problems.

IMMEDIATE, CONFIDENTIAL HELP FOR ANY CONCERN.

Your Employee Assistance Program (EAP) is a confidential and voluntary support service that can help you solve all kinds of problems and challenges in your life.

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

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

IS THE SERVICE CONFIDENTIAL?

Yes. Your EAP is completely confidential within the limits of the law. No one, including your employer, will ever know that you have used the service unless you choose to tell them.

HOW MUCH WILL IT COST?

There is no cost to use your EAP. If you need more specialized or longer-term support, your EAP will help you select an appropriate specialist or service that can provide assistance. While fees for these additional services are your responsibility, some may be covered by your provincial or organizational health plan.

Call your Employee Assistance Program (EAP) toll-free, 24 hours a day, seven days a week for immediate, confidential help:

1.800.387.4765 TTY Service: 1.877.338.0275

Or, visit

online counselling at: www.warrenshepell.com/ecounselling
online resources at: www.warrenshepell.com

YOUR EAP HELPS YOU:

Achieve Personal Well-Being:

Personal stress Depression Grief and loss Anxiety
Aging/midlife issues Life transitions Managing anger
Mental health and well-being • Crisis situations Trauma

Manage Relationships and Family:

• Communication Relationship conflict • Separation/divorce
• Parenting Domestic abuse Blended family issues
• Family relationships Aging parent concerns

Get Legal Clarity:

• Family Law Custody Separation/divorce Bankruptcy
• Summons/warrants/subpoenas Consumer protection

Get Financial Clarity:

Credit/debt management Bankruptcy Early retirement
Financial aspects of separation/divorce Financial emergency

Research Child and Elder Care Resources:

Child care Adoption Maternity/parental leave Schooling
Adult day programs Nursing/retirement homes

Address Workplace Challenges:

Workplace conflict Workplace performance Career planning
• Violence Harassment • Work-life balance Work-related stress

Tackle Addictions:

Alcohol Drugs Tobacco Gambling Other addictions
Post-recovery support

Understand Nutrition:

Weight management Addressing: high cholesterol, high blood pressure, diabetes, heart disease Boosting energy and stress resilience

Get Healthcare Advice:

Flu, high fevers, cough/cold • Minor burns Vomiting
Tests Generalized aches/pains Medications
Public health warnings

Connect to the people and resources that make a difference in your life.

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