CONFIDENTIAL ASSISTANCE, AT NO COST TO YOU

Your EAP is a voluntary, confidential service provided to you by the Plan, at no cost to you and your immediate family members.



fseap Now we're talking.

Call us today.

Contact your EAP for immediate, confidential assistance 24/7. We'll connect you with the right resource to help you achieve your goals.

Our phone lines are open 24/7 On-line Resources: myfseap.ca

1.800.667.0993 / TTY 1.888.234.0414



Twitter @FSEAP_ Canada





THE RIGHT HELP, AT THE RIGHT TIME

Your EAP offers immediate, confidential assistance to help you improve communication in your relationships, or find a better way

Call us to get started. Our lines are open 24 hours a day, 7 days a week.

PRACTICAL HELP FOR ALL OF LIFE'S CHALLENGES

Whether you're going through a crisis or want guidance on your general well-being, your EAP is here to help. Call us at any time to get started.

Through your EAP, you can access qualified professionals and experts such as counsellors, financial consultants, health professionals, and lawyers who can help you:

Kits are full of educational self-help resources, including

that will strengthen family bonds and enhance mental

anxiety, depression, grief, and finances.

research-based books, pamphlets, learning tools, and games

health. Resource Kits are great for independent self-study, or as an adjunct to EFAP counselling. Kits are available on a variety of topics, such as parenting, retirement, relationships,

Manage well-being

- Stress
- Anxiety
- Depression
- Grief and loss
- Anger management
- Aging and life transitions
- Trauma
- Mental health

Overcome addictions

- Alcohol
- Tobacco
- Drugs
- Gambling

Resource Kits

Internet

Succeed at work

- Work-life balance
- Performance
- Workplace concerns
- Career development

Enhance relationships

- Effective communication
- Conflict resolution
- Marriage and intimate relationships
- Separation and divorce
- Parenting and family concerns
- Domestic abuse

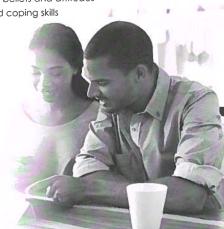
- Family law
- Criminal law

- **Immigration**

- Credit/debt management
- Money management
- Retirement planning
- Personal budgeting & saving

Improve physical well-being

- · Weight management
- Healthy eating
- Increase energy
- Medical conditions such as high cholesterol or high blood pressure
- Positive lifestyle changes
- Shift unproductive beliefs and attitudes
- Healthy habits and coping skills



Explore child and elder care resources

- Childcare
- Child day programs
- Resource kits for life stages
- Senior support programs and services
- Nursing/retirement homes
- Caregiver support



- Bankruptcy
- Real estate
- Wills and estate planning

