

E.A.P.

Employee Assistance Program

You can call the EAP service, 24 hours a day, seven days a week, for completely confidential support, information and assistance.

The EAP provides professional assistance for a wide range of issues, including:

- Personal and work-related stress
- Couple and marital relationships
- Childcare and parenting issues
- Eldercare concerns
- Depression and anxiety
- Alcohol and drug misuse
- Family matters
- Bereavement
- Legal issues
- Financial concerns
- Career issues
- Crisis counseling/Trauma
- Other concerns

What can I expect when I call?

When you call, you'll speak with a qualified EAP Support Specialist who will discuss your needs confidentially and then match you with an expert trained to help with your specific type of question or concern.

Is the service really confidential?

Yes. Absolutely! Though the specialist collects information including your name, employer, address, reason for calling etc., this information remains completely confidential and is never released to your employer.

How much does all this cost?

There is no cost to you or your family. Your employer pays for the EAP services provided.

If long-term or specialized care is required, your professional advisor will help you with a referral to an affordable community resource.

At this point you would be responsible for any fees that your benefits plan or provincial health insurance would not cover.

**Professional,
confidential
assistance for you
and your family is
just a phone call
away.**

Toll-free English language services:

Canada wide:

1-800-268-5211

Service en français:

Ligne sans frais au Canada:

1-800-363-3872

On-line Appointment Request

You may request an
appointment via the Internet

Visit website:

www.fgiworldmembers.com