THE BC PUBLIC SERVICE OFFERS EMPLOYEE AND FAMILY ASSISTANCE PROGRAMS THROUGH MORNEAU SHEPELL.

All programs are:
• Available at no cost
• Available to all employees (full-time, part-time, auxiliary, on leave) and their family members who normally reside with them
• Completely confidential
• Can be accessed by calling 1-800-655-5004

CAREER SUPPORT SERVICES
Work with a professional career counsellor to identify goals, assess skills and enhance work satisfaction through these services:
• Career advice services
• Work-life resiliency coaching
• Retirement planning

FAMILY SUPPORT SERVICES
Work with a family support specialist on family-related needs through these programs:
• Family support resources
• Online relationship support program
• Online separation and divorce program

SHORT-TERM COUNSELLING
Short-term counselling is available face-to-face, by telephone, video, email or through an online group.

HEALTHY LIVING SERVICES
Improve your health by learning more about these programs:
• Nutrition support
• Naturopathic advice services
• Health coaching
• Online stress management program

FINANCIAL AND LEGAL SERVICES
Learn about financial advice and planning, as well as legal advice through these programs:
• Financial advice services
• Online financial planning program
• Legal advice and referral services

PEOPLE LEADER ADVICE LINE
This is a resource for supervisors and managers, providing just-in-time advice on how to address a difficult workplace situation or conversation.

Visit MyHR for more information on health and well-being programs and resources.