

The help you need, when you need it. Because life happens.

- Short-term Counselling
- Healthy Living Services
- Family Support Services
- Financial and Legal Services
- Career Support Services



In-person counselling



Telephonic counselling



E-Counselling



Video counselling



Online self-directed
services



Online group counselling
services

- Confidential
- No cost
- Available to all employees

24/7 access by phone:

1.800.655.5004 | TTY: 1.877.338.0275