# LIFE SUPPORT

**1-800-655-5004**

## 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

BRITISH COLUMBIA
BC Public Service

Where ideas work

### 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.