



Employee Assistance Program (EAP) Counseling Services

From time to time, we all need support to deal with an issue or challenge. If you could benefit from professional help to proactively address a personal or work-related concern, you can turn to [LifeWorks](#).

The Employee Assistance Program (EAP) is available to you and your dependents at no additional cost (as defined by your benefits plan) and includes access to confidential counseling. Here are just some of the ways that EAP counseling can help:

- You're dealing with conflict or changes at work and it's affecting your productivity.
- You'd like to learn to better control anger or manage stress.
- You recently learned you have a chronic illness or disability.
- You're going through a separation or divorce.
- You're concerned about an addicted spouse or family member.
- You're struggling with self-esteem or communication issues; parenting challenges; midlife concerns; sexual orientation or gender identity, or other personal issues.

To get started, contact [LifeWorks](#) toll-free anytime, 24/7, to speak with a caring advisor for guidance, resources, and a referral to a counselor for up to face-to-face or video sessions for short-term, solution-focused counseling.* All our counselors are experienced therapists with a minimum Master's degree in psychology, social work, educational counseling, or other social services field.

Visit us online:	Call us, toll-free:
<input type="text"/>	<input type="text"/>
User ID:	TTY:
<input type="text"/>	<input type="text"/>
Password:	En español:
<input type="text"/>	<input type="text"/>



© 2018 Morneau Shepell Ltd

Apple and the Apple logo are trademarks of Apple Inc., registered in the US and other countries. App Store is a service mark of Apple Inc., registered in the US, and other countries. Google Play and the Google Play logo are trademarks of Google Inc.

*If your issue is ongoing in nature, your counselor will likely refer you to an appropriate resource in your community, and support you in how to access that resource. If you or someone in your immediate family is in a state of crisis, we will offer the necessary support to stabilize the situation.

Get the "LifeWorks" app!

