

Your Employee Assistance Program (EAP)

Work/Life Services

In an increasingly fast-paced world, you may be finding it more challenging to balance your responsibilities at work with the obligations you have at home.

Your EAP can provide expert, professional support, at no cost to you.

Work/Life Services provide timely, professional assistance and support for a wide array of day-to-day issues over the telephone. These services offer information and resource-based assistance so that you can spend less time searching and more time exploring solutions.

Your EAP can connect you to the following Work/Life Services:

Family Support Services

Your EAP provides help for issues faced throughout an individual's family and personal life (pre-pregnancy, pregnancy, parenting, aging and life transitions). A Family Support Specialist can provide one-on-one telephone consultation that offers relevant information, resource referrals and educational materials for day-to-day challenges or longer-term solutions.

Financial Support Services

Your EAP provides information and options to help you take control of your financial lives. Professionals will help you address the personal and family-related concerns and where necessary, facilitate referrals to licensed professionals for more extensive services.

Legal Support Services

You can connect to information and resources to clarify how the law applies to your specific situation through your EAP. Professionals will recommend options on possible courses of action and where necessary, refer you to qualified lawyers for ongoing legal advice.

Nutrition Support Services

You can access help to make positive changes to your diet by addressing any underlying issues associated with your overall health. In addition, the service will offer support for a proactive, self-care approach to wellness. Professionals can also connect you to a Registered Dietitian who will assess your eating habits, identify dietary concerns and answer any questions you may have.



Naturopathic Services

Access information about naturopathic medicine and how it works; the program will teach you practical lifestyle practises that you can use every day to maintain good health. The program takes a holistic approach to the maintenance of good health, taking into consideration physical, mental and emotional aspects of the individual and where symptoms of disease are seen as warning signs of the improper functioning of body and lifestyle habits.

Health Information Services

EAP professionals will support you emotionally through any health concern that you or a family member may be experiencing. They can also put you in touch with a Registered Nurse (RN), who will provide personalized, telephone assistance to assess your symptoms, advise you on the action you should take and answer your health questions and concerns.

To access any of these services*, call your Employee Assistance Program (EAP) toll-free, 24 hours a day, seven days a week:

1.800.268.5211

TTY Service: 1.800.363.6270

Or, visit online resources: www.shepellfgi.com
and E-counselling: www.shepellfgi.com/ecounselling

* For more specific information about service parameters please refer to your EAP brochure.