



Understanding your Member Assistance Program (MAP)

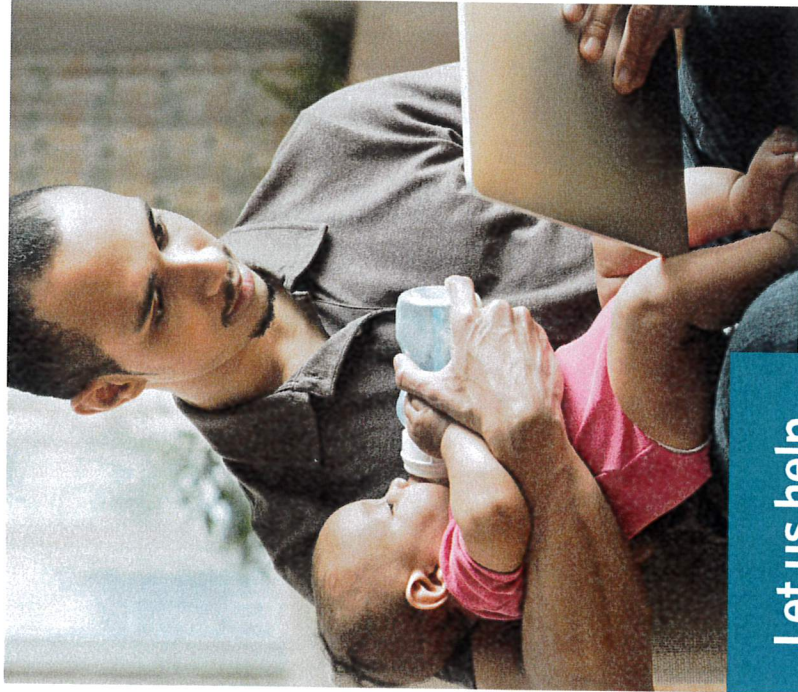
Your MAP is a confidential and voluntary support service that can help you take the first step toward change. Let us help you find solutions to the challenges you face at any age and stage of life. You and your immediate family members (spouse and dependent children) can access immediate and confidential support in a way that is most suited to your preferences, comfort level and lifestyle.

No cost

There is no cost to you or your family to use your MAP. This benefit is provided to you by your association. Your MAP can provide a series of sessions with a professional and if you need more specialized or longer-term support, our team of experts can suggest an appropriate specialist or service that is best suited to your needs. While fees for these additional services are your responsibility, they may be covered by your provincial or association health plan.

Confidentiality

Your MAP is completely confidential within the limits of the law. No one, including your association, will ever know that you have used the program unless you choose to tell them.



Let us help

Your Member Assistance Program (MAP) provides you with **immediate and confidential help** for any work, health or life concern. We're available anytime and anywhere. Let us help.

workhealthlife.com

Solutions for your work, health and life

Achieve well-being

- Stress • Mental health concerns • Grief and loss
- Crisis situations

Manage relationships and family

- Communication • Separation/divorce • Parenting

Deal with workplace challenges

- Stress • Performance • Work-life balance

Tackle addictions

- Alcohol • Drugs • Tobacco • Gambling

Find child and elder care resources

- Child care • Schooling • Nursing/retirement homes

Get legal advice

- Family law • Separation/divorce • Custody

Receive financial guidance

- Debt management • Bankruptcy • Retirement

Improve nutrition

- Weight management • High cholesterol and blood pressure • Diabetes

Focus on your physical health

- Understand symptoms • Identify conditions
- Improve sleep

Access your MAP 24/7 by phone, web or mobile app.

1.844.880.9142 TTY: 1.877.338.0275
workhealthlife.com

Download My EAP app now at your device app store or scan the QR code.



Let us help

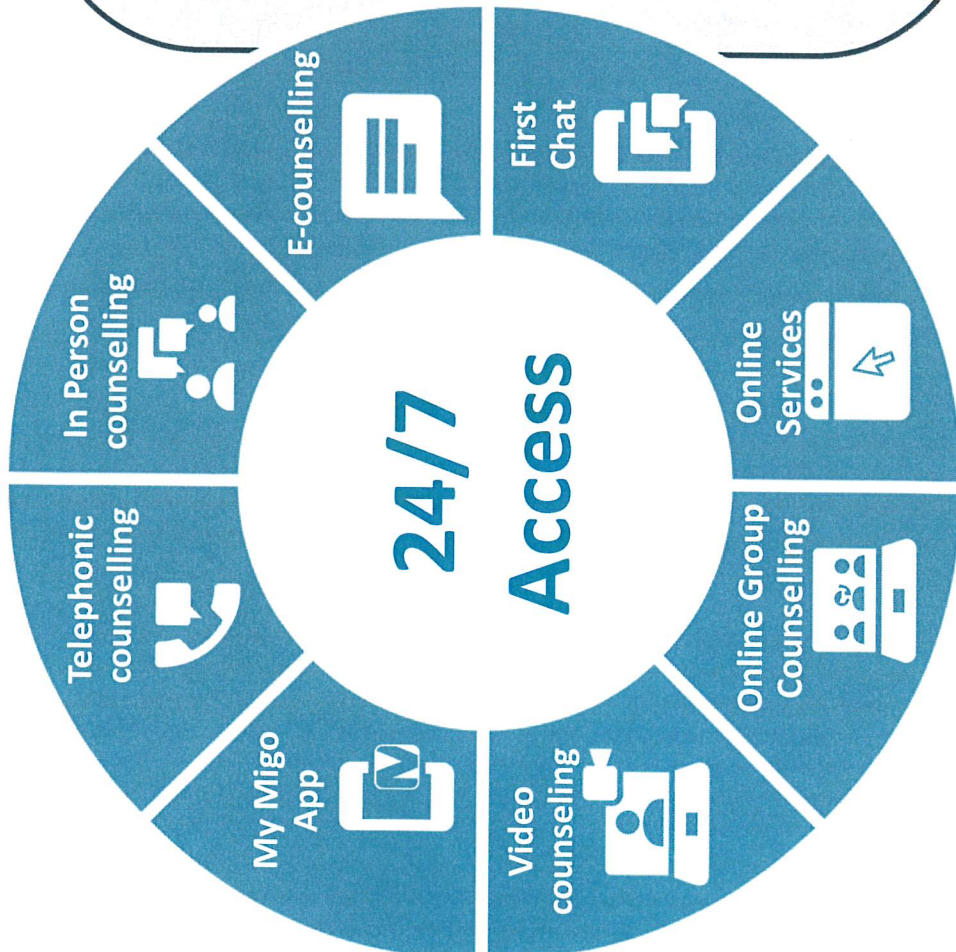
Access your Member Assistance Program (MAP) 24/7 by phone, web or mobile app.

1.844.880.9142 TTY: 1.877.338.0275
workhealthlife.com

Download My EAP app now at your device app store or scan the QR code.



MAP's most accessible and comfortable options – available anytime/anywhere 24/7



COUNSELLING OPTIONS:

- **Telephonic Counselling.** Attend scheduled sessions over the phone
- **In-person Counselling.** Attend scheduled sessions in an office
- **E-Counselling.** Professional counselling sessions delivered via written email exchange
- **First Chat.** Chat instantly with a counsellor online; no appointment needed
- **Online and self-directed** programs are self-help, text-based, self-directed support packages that are mailed directly to your home
- **Online group counselling.** Attend scheduled group sessions online
- **Video counselling.** Attend secure sessions online at home using a webcam and secure video software
- **My Migo.** Is a mobile app designed to help create your personal counselling plan with the help of a team of experts