

# Let us help

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

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



1 877 257-5557 ATS-ATMS : 1 877 338-0275



[workhealthlife.com](http://workhealthlife.com)



Download My EAP app now at your device app store



# Discover your program

As an eligible employee, you, and your immediate family members if applicable, can benefit from 6 clinical consultations per year, including 1 hour of telephone advisory service for legal or financial questions.

Your employer will pay for the proportion of the fees not covered by your group insurance plan and will cover 100% of the fees for those employees who have no insurance coverage.

The contract period is from July 1<sup>st</sup> to June 30<sup>th</sup>. Each year, your consultations hours will be renewed on July 1<sup>st</sup>.

The professionals at your disposition can be consulted in various ways:

- In person
- By telephone
- By videoconference

**To obtain immediate and confidential help, you can call at all time our toll-free number: 1 877 257-5557.**



## Work

- Stress
- Career development
- Conflict and communication
- Performance
- Change
- Work-life balance



## Health

- Mental health concerns
- Addictions
- Diseases and conditions
- Nutrition
- Lifestyle changes
- Sleep



## Life

- Relationships
- Family care and parenting
- Life events
- Grief and loss
- Legal advice
- Financial guidance