

# Employee Assistance Programme (EAP)

In a world where global mobility is on the rise, you may find yourself living abroad or traveling internationally on a regular basis. In a foreign environment, you may find it particularly challenging to balance taking care of yourself, your family and work responsibilities.




The Employee Assistance Programme, fully supported by Morneau Shepell, is a confidential and professional 24/7 multilingual support service that can help you and your dependants address a wide range of life issues and challenges such as:



- Work/Life Balance
- Family/Parenting
- Relationships
- Stress, depression, anxiety
- Workplace challenges
- Cross-cultural transition
- Cultural shock
- Cope with isolation and loneliness
- Addiction concerns




## This multilingual service is available locally anytime, anywhere!

EAP offers you and your dependants access to the following range of 24/7 multilingual support services:

 <b>Confidential professional counselling*</b>	 <b>Critical incident support</b>	 <b>Legal and financial support services</b>	 <b>Access to our wellness website</b>
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*\*Confidential professional counselling is available face to face, phone, video, email or online chat.*

For more details please contact us:

-  + 1 905 886 3605\*
-  [www.workhealthlife.com/AWC](http://www.workhealthlife.com/AWC) (available in English, French and Spanish)
-  Download the "My EAP" app from App store or Google Play

The calls are answered by an English-speaking agent. However, additional language support is also available. If our agents are not available in the language you require, we will organise interpreter services.

*\*Local phone numbers are available in many countries. To see the full list of our 'Worldwide Access Numbers', visit: [www.workhealthlife.com/AWC](http://www.workhealthlife.com/AWC)*



The Employee Assistance Programme Services are made available through AWP Health & Life Services Limited ("AWP") and provided by Morneau Shepell Limited, subject to your acceptance of AWP's terms and conditions.

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