

When's the best time to start  
taking better care of yourself?

Yesterday

Today

Tomorrow

Mental,  
physical, social  
and financial  
well-being.

Employees, family members, managers and supervisors. Advice, counselling, “how to”,  
and coaching 24 hours a day, 7 days a week by phone, Internet or in person.

All calls are confidential and private.

We are your employee assistance, mental health and wellness program.



Call us anytime. It's your call.

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