

Feeling burned out and stressed?



**We can help you identify, manage and control stress so you can get back to living your best life.**

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.**

**1-800-663-1142**

Numéro sans frais – en français : 1-866-398-9505

International (Call Collect): 604-689-1717 | [Homeweb.ca](http://Homeweb.ca)

