



For Employees: Your Employee Assistance Programme

What is the Employee Assistance Programme?

The Employee Assistance Programme is provided by GuidanceResources and offers counselling, legal and financial consultation, and crisis intervention services to all our employees and their dependants.

Why provide an EAP?

Because we care about our employees and their dependants. The EAP can be used free of charge as needed when you or your dependants are facing emotional, financial, legal or work-life concerns.

Are the services confidential?

Yes, the EAP is strictly confidential. No information about your participation in the programme is provided to your employer.

Why might I or my family use the services?

There are many reasons to use these services. You may wish to contact the EAP if you:

- Are feeling overwhelmed by the demands of balancing work and family
- Are experiencing stress, anxiety or depression
- Are dealing with grief and loss
- Need assistance with child or elder care concerns
- Have legal or financial questions
- Have concerns about substance abuse for yourself or a dependant

What happens when I call?

You will speak to a credentialed professional who can assist with a wide range of behavioural, legal, financial and work-life concerns.

What services does the EAP provide?

Confidential Emotional Support

The EAP provides free short-term counselling with local experts who can help with emotional concerns, including: anxiety, depression, stress, grief, loss, life adjustments, relationship and partner conflicts.

Legal

A local legal expert is available for a free half-hour consultation per issue per year to discuss any personal legal issues, such as: divorce, contracts, estate planning, will and trusts.

Financial

Local financial experts can assist with a wide range of issues. They offer a free half-hour consultation per issue per year for: retirement planning, taxes, relocation, mortgages, insurance, budgeting, debt, bankruptcy and more.

Online Support

GuidanceResources® Online is an award-winning interactive Web portal with unlimited access to online information, resources, tools and other features on subjects such as health and wellness, family and relationships, work and education and local resources.

Here when you need us.

Call: 0800.917.5320

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: GumGum