

Offered to you through



**24/7 mental health and
wellbeing support** with your
employee assistance program.

1-877-455-3561

Free, confidential professional assistance for you and your immediate family:

- 12 hours of mental support per family, per policy year (by phone, virtually or in person)
- Legal assistance for personal issues
- Financial assistance for personal issues
- Referrals (seniors' residences, daycare)
- 3 hours of parenting support for child school planning

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