Employee Assistance Program

Understanding your **Employee Assistance Program (EAP).**

Your Employee Assistance Program (EAP) provides you with immediate and confidential help for any work, health or life concern. We're available anytime and anywhere.

Your EAP is a confidential and voluntary support service that can help you take the first step toward change. Let us help you find solutions to the challenges you face at any age and stage of life.

You and your immediate family members (as defined in your employee benefit plan) can access immediate and confidential support in a way that is most suited to your preferences, comfort level and lifestyle.

No cost

There is no cost to you or your family to use your EAP. This benefit is provided to you by your employer. Your EAP can provide a series of sessions with a professional and if you need more specialized or longer-term support, our team of experts can suggest an appropriate specialist or service that is best suited to your needs. While fees for these additional services are your responsibility, they may be covered by your health plan.

Confidentiality

Your EAP is completely confidential within the limits of the law. No one, including your employer, will ever know that you have used the program unless you choose to tell them.

Let us help.

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TELUS Health

Let us help.

Access your Employee Assistance Program (EAP) 24/7 by phone, web or mobile app.

Call 1-844-671-3327 / download the TELUS Health One app

Download the app now at your device app store.

TELUS Health

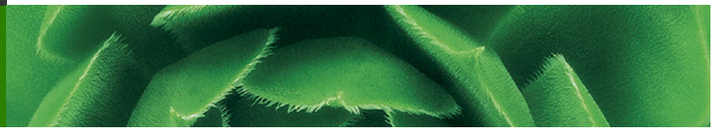
Call us
Support is always available.

Provide your name
and employer's name to an advisor. Your information will be kept confidential.

Share your conerns
With a professional advisor for expert advice, strategies and next steps.

Arrange with the advisor
about how, when, and where you want to be contacted if follow-up is required.

Convenient access to online resources.



Visit one.telushealth.com
Username: emsb
Password: eap

1-844-671-3327

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TELUS Health

Solutions for your **work, health and life.**

Achieve wellbeing
- Stress • Mental health concerns
- Grief and loss • Crisis situations

Manage relationships and family
- Communication • Separation/divorce
- Parenting

Deal with workplace challenges
- Stress • Performance • Work-life balance

Tackle addictions
- Alcohol • Drugs • Smoking cessation
- Gambling

Find child and elder care resources
- Child care • Schooling
- Nursing/retirement homes

Get legal advice
- Family law • Separation/divorce
- Custody

Receive financial guidance
- Debt management • Bankruptcy
- Retirement