



Connect to
better health
and well-being

Your Employee Assistance Program

IMMEDIATE, CONFIDENTIAL HELP

Your Employee Assistance Program (EAP) is a confidential and voluntary support service that can help you solve problems and challenges in your life such as stress, grief, relationship issues or depression.

You and your immediate family members (as defined in your employee benefit plan) can receive support over the telephone, online, in person, and through a variety of issue-based health and wellness resources. You can also take advantage of online tools to help manage personal well-being.

IS THE SERVICE CONFIDENTIAL?

Yes. Your EAP is completely confidential within the limits of the law.

HOW MUCH WILL IT COST?

There is no cost to use your EAP. If you need more specialized or longer-term support, your EAP will help you select an appropriate specialist or service that can provide assistance. While fees for these additional services are your responsibility, some may be covered by your provincial or organizational health plan.

Connect with your EAP, 24 hours a day, seven days a week:

www.shepellfgi.com/go/DPCDSB

1.800.387.4765 (TTY Service: 1.877.338.0275)

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