

Employee Assistance Program (EAP)



At some point, we all need help coping or making difficult decisions. The Employee Assistance Program (EAP) makes it easy to access support, guidance, and resources.

EAP professionals can help with referrals to support groups, a network counselor, community resources or your health plan. If necessary, their professionals can connect you to emergency services.

The program is voluntary and confidential; only your EAP professional will know you have called. This program includes assistance for you and your immediate dependent family members.

The **EAP plan** includes up to six face-to-face assessment and counseling sessions. EAP services can help with:

- Depression, grief, loss and emotional wellbeing
- Family, marital and other relationship issues
- Life improvement and goal-setting
- Addictions such as alcohol and drug abuse
- Stress or anxiety with work or family
- Financial and legal concerns
- Identity theft and fraud resolution
- Online will and other legal document preparation

WorkLife Services provides expert, multilingual telephonic and internet-based consultations and referrals for:

- Child care services
- Elder care services
- Health and wellness
- Emotional and well-being
- Daily living resources, relocation and community volunteering

Help is always at your fingertips.

Our mobile app makes it easy for you to access and personalize educational content important to you.

Search “TELUS Health” on iTunes App Store or Google Play. Log in with the below.

When you need some support, we're here to help.



Phone

1-888-319-7819



Web

one.telushealth.com
user name: **metliffeap**
and password: **eap**



Mobile App

user name: **metliffeap**
and password: **eap**