



# Feel supported and connected with your Employee Assistance Program



**Reach out. Get help. Feel better. Immediate and confidential support**

You can trust your LifeWorks program to help you and your family find solutions for a wide range of life's challenges.

## Caring professionals can help you and your family access support related to:

- Fitness and physical health
- Mental health
- Relationships
- Nutrition
- Finances
- Elder care
- Legal
- and much more

There are many ways to get help today - all completely confidential.

## Solutions for a wide range of life's challenges

- Access over 20,000 master's level clinical counsellors & certified coaches across a variety of support and Work-Life services.
- Confidential chat and secure video, telephonic and chat counselling sessions with members of our professional network.
- Referrals to the LifeWorks network of more than 3,000 in-person professional counsellors and affiliates.

You and your eligible family members can receive support over the telephone, in person, online, and through a variety of health and wellness resources. For each concern you are experiencing, you can receive a series of private sessions with an expert. You can also take advantage of online tools to help manage your and your family's health. You'll get practical and fast support in a way that is most suited to your preferences, learning preference and lifestyle.



### Improve nutrition

- Weight management
- Boost energy and resilience
- High cholesterol
- High blood pressure
- Diabetes
- Heart disease



### Achieve well-being

- Stress
- Depression
- Anxiety
- Anger
- Crisis situations
- Life transitions



### Get legal advice

- Separation and divorce
- Civil litigation
- Custody and child support
- Wills and estate planning



### Get financial guidance

- Credit and debt management
- Budgeting
- Bankruptcy
- Financial emergencies
- Changing circumstances



### Manage relationships and family

- Separation and divorce
- Elder care
- Relationship conflict
- Parenting
- Blended Family issues



### Focus on your health

- Identify conditions
- Prevent illness
- Manage symptoms
- Discover natural healing strategies
- Create an action plan for better health



### Deal with workplace challenges

- Work-life balance
- Conflict
- Career planning
- Bullying and harassment



### Find child and elder care resources:

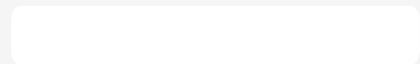
- Maternity and parental leave
- Adoption
- Child care services
- Schooling
- Adult day programs
- Nursing and retirement homes



### Tackle addictions

- Alcohol
- Tobacco
- Drugs
- Gambling
- Other addictions
- Post-recovery support
- Create an action plan for better health

## Call for confidential and immediate support with your work, health and well-being 24/7.



To access LifeWorks online, you must first register with the link sent to your email. Once you have registered, you can invite eligible family members to the online platform from your own account.

Family members can access support independently. They only need to know that you work at Western!

Services are provided in English and French. If service provision in another language is required, please request it at the time of intake.