



Finding solutions that work

It's not always clear where to turn for help with personal problems. Solutions can seem hard to find. That's why your employer offers an Employee Assistance Program (EAP). Your EAP can help you find the answers that work for you. Under the EAP, you and your immediate family members may receive no-cost, confidential help for a wide variety of concerns.

What company provides services?

Your employer has selected Morneau Shepell to provide your EAP services. MS is a leader in the field of Employee Assistance and has been providing employee assistance services for over 25 years. MS has the experience to provide the assistance you need – whether you need help with day-to-day concerns or with a difficult crisis.

What services does the EAP provide?

Your EAP provides no-cost, confidential assistance to you and your immediate family members. By calling the EAP, you can get help for depression, marital or family difficulties, alcohol or drug dependency, stress, compulsive gambling, legal or financial problems. No problem is too large or too small to contact the EAP for assistance.

How do I access services?

Simply call the toll-free number. Professional, master's degree MS Counselors are available to help 24 hours a day, seven days a week. You can also visit us online at workhealthlife.com/Standard6.

What happens when I call?

Your MS Counselor will help you assess your concern and help you take the first step toward finding a solution. The step may include meeting with a counselor for a face-to-face visit, referring you to an attorney for a consultation, negotiating your health insurance benefits, or referring you to community resources.

1.877.851.1631



Is the EAP confidential?

Yes. The information you discuss with the EAP is kept confidential in accordance with federal and state laws.

Will I Be Charged for EAP Services?

No. There is no charge to you or your family members for services provided by MS counselors.

Where does the EAP refer callers?

If face-to-face counseling sessions are required, your MS Counselor can refer you for counseling at a location that is convenient to your home or work. Your MS Counselor can also refer you to community resources for elder and childcare, self-help groups such as Alcoholics Anonymous or Gamblers Anonymous, financial resources for help with savings, budgeting or debt management, or to an attorney for consultation.

For what types of problems does the EAP provide help?

- Depression
- Stress management
- Anxiety
- Family conflict
- Relationship problems
- Financial or legal Concerns
- Alcohol or drug addictions
- Problem gambling
- Parenting concerns
- Child and elder care
- Eating disorder
- Grief and loss