

November 5, 2015

Employees and Your Families;

The Halifax Employers Association is committed to helping you maintain your health and well-being – and that's why we provide you with an Employee Assistance Program (EAP). Effective November 8, 2015, we have secured a new EAP provider–ComPsych® Corporation who will offer this program under the name GuidanceResources®.

GuidanceResources® is an added benefit that gives you and your family confidential support, resources and information for personal and work-life issues and is offered **at no charge**.

What the GuidanceResources® Program (EAP) offers

- › **Counselling** provides you and your family with support for an array of life challenges including, marital, relationship and family issues, stress, anxiety, depression, grief, loss, job pressures and substance abuse.
- › **Work-life services** connects you with specialists who can provide qualified referrals and customized resources for child and elder care, moving, pet care, post-secondary education planning, home repair, buying a car, planning an event, selling a house and more.
- › **Legal support services** connects you with a licensed lawyer who can address your legal concerns such as divorce, custody, adoption, real estate, debt, immigration, bankruptcy, landlord/tenant issues, civil and criminal actions and more.
- › **Financial information services** provides consultations with financial professionals to answer questions about budgeting, debt management, tax issues and other money concerns, simply by calling the toll-free number.
- › **Wellness services** (such as HealthyGuidance®) provide you and your family with tools and resources to help you make positive lifestyle changes.
- › **GuidanceResources® Online** allows you to ask your questions and access timely, expert information on several topics – relationships, work, school, child and elder care, physical and financial wellness, legal issues and more.

Available 24 hours a day, 7 days a week

There are two ways to access your EAP resource:

1. Call **855.232.2734**. You'll speak to a counselling professional who will listen to your concerns and can guide you to the appropriate services you require.
2. Visit GuidanceResources® Online at www.guidanceresources.com and enter your web ID: **InfoMercer**.

We encourage you to take some time to explore all the benefits that the EAP can offer you and your family. Please remember that all EAP services are strictly confidential.

Please note: *If you are currently receiving services with Shepell-fgj, you may continue until your case is completed or, if you choose, you may start a new file with ComPsych.*

Sincerely,

Richard Moore
President & CEO