



Because sometimes you need a helping hand

One-on-one psychological counselling. If you or a member of your immediate family is struggling with issues that have a potential impact on mental health, performance at work or general functioning, confidential, professional help is available. Simply get in touch with your Employee Assistance Program, open 24 hours a day, 365 days a year, and make an appointment with a counsellor. Services are provided in person or over the phone, and you are entitled to five hours of counselling.

Psychological counselling could assist you in resolving marital or family difficulties, emotional problems (e.g., stress, anxiety, bereavement) or parent/child relationship issues. It could also help you get through a crisis, better manage your stress, cope with anxiety or depression, lead a healthier lifestyle, improve your retirement planning, solve a gambling problem, or address interpersonal issues in the workplace. Lastly, it could provide you with valuable support in caring for an older relative.

Financial counselling. Counselling services are available by phone if you have questions or concerns of a financial nature. The EAP financial counsellors are all qualified, competent professionals. Their financial information and counselling services cover the following topics:

- ♦ Assessing a financial situation;
- ♦ Assisting with financial planning;
- ♦ Helping to make a budget and map out strategies to keep to it;
- ♦ Exploring debt repayment options;
- ♦ Establishing or re-establishing a credit rating;
- ♦ Finding strategies for improving personal finance;
- ♦ Managing the financial aspects involved in times of change during life; e.g., illness, disability, loss of employment, separation, divorce or retirement planning.

Note that financial counsellors, who can provide up to two hours of services, are not there to decide for you when it comes to any financial decisions that you have to make. They are there to help you make informed decisions based on all of the elements pertaining to your individual situation.

Career counselling. Career counselling service is also available to help you determine your qualifications, skills, values, personality traits and areas of interest, with an eye to guiding you in a new career choice or taking stock of your career path. You are entitled to five hours of counselling, and services cover the following topics:

- ♦ Assessing career objectives;
- ♦ Taking inventory of career achievements;
- ♦ Reflecting on career planning;
- ♦ Studying career potential;
- ♦ Evaluating the fit between you and your potential career options;
- ♦ Assisting with job searches and evaluating your entrepreneurial spirit;
- ♦ Establishing concrete career path objectives.

The EAP is jointly managed by CBC/Radio-Canada unions and management. Its services are strictly confidential. Employees and their immediate family members, along with pensioners, are eligible. If you have any questions, feel free to browse our portal at <http://io.cbc.ca/eap> or contact a member of your local EAP committee.

TO OBTAIN EAP SERVICES, CALL:

1-866-838-2025 (Engl.)

1-866-839-7897 (Fr.)