

# Your Employee & Family Assistance Program

Free and confidential help | Contact FSEAP 24/7

Caring, professional assistance for personal, family, or work-related concerns

**1-844-864-8343**

## We can help you:

- Manage emotional well-being
- Enhance relationships
- Succeed at work
- Overcome addictions
- Explore child and elder care resources
- Address legal concerns
- Manage personal finances
- Improve physical well-being

[myfseap.ca](https://myfseap.ca)



**fseap** Now we're  
talking.