

When you are exposed to a workplace critical incident.

In the case of a sudden, traumatic event at the workplace (such as an attack, a death in the workplace, or a robbery), EAP will provide access to critical incident stress management services, which include on-site support, group intervention, and one-on-one counselling. These services provide a safe, supportive way to talk about your experience and reactions, get advice on healthy coping strategies, and find out how to access further support if needed.

What about costs?

It won't cost you anything to talk to an EAP Consultant. If you are referred to a private counsellor, short-term counselling costs may be covered.

If you need time off to attend your appointment, leave may be granted as per collective agreements and/or terms and conditions of employment. Most counsellors with EAP provide after-hour appointments.



You can call from home, work, or anywhere that is convenient for you.

EAP

help.when you need it.

Call an EAP Consultant
24 hours a day, 7 days a week
Halifax/Dartmouth/Metro 424.7948
Toll Free 1.800.777.5888
Or visit www.gov.ns.ca/psc/eap

This program was formulated by an advisory committee comprised of representatives from management, Nova Scotia Government Employees Union (NSGEU), and Canadian Union of Public Employees (CUPE).

NOVA SCOTIA GOVERNMENT
EMPLOYEE ASSISTANCE PROGRAM

EAP

help.when you need it.



A confidential assistance program for government employees and immediate family members.

EAP

help.when you need it.

If you have a problem and want to talk about it... help is just a phone call away.

Relationships, illness, finances, your job – life can get stressful in so many ways. If you feel overwhelmed at times, you are not alone.

Problems can include:

- Adult relationship difficulties
- Substance abuse - alcohol, drugs and/or prescriptions
- Gambling
- Debt and financial difficulties
- Family/parenting/eldercare issues
- Emotional problems – stress, anxiety depression, low self-esteem
- Conflicts, harassment, or other job stresses
- Grief or loss
- Abusive situations
- Workplace critical incidents (sudden, powerful, traumatic events)
- ...and many more

If you are struggling with a problem, you can call an Employee Assistance Program (EAP) Consultant at any time, 24/7, 365 days a year.

How can EAP help?

EAP Consultants are specially trained to listen to you and help. No problem is too small. *If it is causing you stress – we would like to hear from you.* In fact, it's often better to call before the problem has a chance to grow into something bigger.

EAP Consultants are ready to take your call 24 hours a day, 7 days a week. You can call from home, work, or anywhere that is convenient for you.

Sometimes just discussing the problem is help enough. Other times, depending on your situation, the EAP Consultant may refer you to a community-based agency or private counsellor.

Your call is confidential. Your participation is voluntary. No one will know you called* or used the EAP service unless you choose to tell them.

1.800.777.5888

www.gov.ns.ca/psc/eap

*Information would only be provided to others when there is a) a serious threat of harm towards yourself or others; b) suspicions of child or eldercare abuse that is reportable by law; c) a receipt of a court order (subpoena).

If your job performance is not up to standard, your manager or supervisor may recommend that you contact EAP for help, but your participation is strictly voluntary. We will not notify your supervisor/manager of your participation with EAP unless you provide an informed signed consent.

Help for you. Help for your family.

Perhaps it is a family member having difficulties. EAP is there for them as well. Spouses/significant others and dependents of employees can call EAP directly to discuss their concerns and assistance available to them.

Whatever it is... if it is causing you stress – we would like to hear from you.

