



CITY OF WESTMOUNT

MY EAP IS USED FOR:

- **Professional problems**
Interpersonal relations, communication, psychological and/or sexual harassment, demotivation, burnout, etc.
- **Addiction problems**
Emotional, drug addiction, gambling, social media, etc.
- **Relationship problems**
Relational and/or communication, difficulties psychological and/or physical violence, divorce, etc.
- **Family problems**
Blended families, communication or relational problems, behavioural problems, delinquency, psychological and/or physical violence, etc.
- **Personal problems**
Mourning, crisis, isolation, communication, stress and anxiety, self-esteem, trauma, etc.
- **Mental health problems**
Depression, anxiety, phobias, neurosis, psychosis, etc.
- **Physical health problems**
Accident, illness, handicap, return to work after a long-term illness or a work-related accident, menopause, andropause, etc.
- **Nutrition**
Being overweight, self-esteem, diabetes, Crohn's disease, ulcerative colitis, high blood pressure, high cholesterol, etc.
- **Financial problems (by phone if outside Quebec)**
Retirement planning, budget planning, etc.
- **Legal advice (by phone)**
Shared custody, alimony, drinking and driving case, family, civil and criminal problems.

Everywhere in Canada
Dial 1 888.799.0303
bríoep.com

Client no : 10548

MY EAP

12 consultation hours per employee, transferable to spouse and children, renewed every **January 1st**.

Including **1** hour for legal advice by phone.

Find out more about our services on your EAP at **my-eap.ca**. Internet access code : **548-WMT**