

access support from
therapists

nutritionists

registered nurses

**career
consultants**

lawyers

financial coaches

the **Noojimo**
all-Indigenous
virtual mental
wellness clinic

+ more!

get to know your new EAP!

Employee Assistance Program



1.833.707.4747

call toll free 24/7/365 for crisis support
Mon-Sun 8am-8pm EST for non-crisis support

to access online, log in at **greenshieldplus.ca**
or download the GreenShield+ app



Scan the QR
code for more
information
or visit
uwindsor.ca/hr



University
of Windsor

Get professional support for:

- depression, anxiety, addiction, stress, burnout, anger, grief, loss, trauma, and other mental health concerns
- work and career challenges
- health and nutrition goals
- legal issues and financial planning
- family planning, parenting, and relationships
- eldercare and navigating retirement
- moving homes and processing change

completely voluntary, confidential, and free
of charge for UWindsor faculty & staff

*for detailed eligibility information, scan the QR code