

get to know your

Employee Assistance Program

- **free of cost** to UWindsor faculty, staff, and immediate family
- completely **confidential**: no one at UWindsor will know you have used the EAP
- **24/7/365** support from licensed professionals
- urgent/crisis support available
- French or English
- telephone, video, in-person, or online group counselling options
- self-directed resources

how to access

seeking support is a sign of strength!

online at one.telushealth.com

download the free **TELUS Health One** app (Android or iOS)

log in using username: **EAP-uwindsor**

password: **EAP**

phone

call **1.844.880.9142**

or **1.844.671.3327**

TTY **1.877.338.0275**

Français **1.855.360.5485**



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 **TELUS** Health

How can your EAP help?

short-term clinical counselling

- stress and anxiety, depression, suicide risk, self-esteem, anger, abuse, post-trauma support, and other mental health support
- addiction and recovery support related to alcohol, drugs, smoking, gambling or other addictions
- couples/relationship counselling, including intimacy issues, communication, conflict management, family planning, separation, and divorce
- family issues counselling related to parenting, child behaviour, communication, elder-related support, blended families, and extended family relations
- work issues related to performance, stress, work relationships and conflict, career goals, harassment and violence, and retirement planning

additional services and consultations

- legal, financial, or nutritional consultations, career services, health resources, and family support including parenting, child, and elder care service information



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 **TELUS**® Health