

FSEAP provides counselling, information and referral services for Members and their families for the following services and many more!

Crisis Counselling

- available 24 hours a day, seven days a week
- direct access to professional counselling staff through our toll-free telephone lines

Psychological and Social Counselling

Psychological and social counselling includes comprehensive assessment, short-term treatment, referral when necessary, and follow up including:

- marital/relationship counselling
- family counselling
- child and adolescent counselling
- work-related counselling
- personal and emotional counselling
- interpersonal conflict counselling
- specialized addictions treatment (including liaison with treatment centres and extended follow-up)
- stress testing and counselling
- psychological assessments

Financial Counselling

- financial consultation and assessments for employees experiencing financial difficulties
- employees may be counselled on budgeting techniques and debt management

Eldercare Information

Eldercare counselling and resource finding providing information on:

- home support services
- long term care and seniors housing
- day programs
- health services
- social and education programs

Teen/Parent Hotline

The teen/parent hotline offers 24-hour counselling for adolescents and their parents. This service is available exclusively through FSEAP.

The hotline is available for teens to talk about problems with:

- school
- friends
- drugs/alcohol
- family relationships
- and more

The hotline is available for parents to discuss worries about:

- teen depression
- legal problems
- drug/alcohol use
- and more

Child Care Information

Childcare counselling and resource finding provides information on:

- day care centres and nursery schools
- nanny agencies
- private home care agencies
- school-age childcare programs (after school, summer, holidays)
- care for children with special needs
- temporary and emergency care agencies

Legal Advisory Service

- access to experienced lawyers practising across Canada
- providing information on:
 - consumer law and protection
 - family law, motor vehicle law
- general legal services

fseap newsletters

So easy to use:

Get immediate access to experienced professionals.

Telephone Number: **1-800-668-9920**, TTY Telephone Number: **1-888-234-0414**

You can also access a range of health and wellness services online 24/7 at your own convenience, by using the website:

1. Go to www.myfseap.ca
2. Click on **Log In**
3. Enter your group name
4. Enter your password
5. Click on **Submit**

(You'll need your assigned group name and password to access the web site, contact the Administration Office for assistance.)