

Employee Assistance Program



What is the Employee Assistance Program?

The Employee Assistance Program (EAP) is a service that provides professional and confidential assistance to employees of the Newfoundland and Labrador Public Service to resolve issues that impact well being and work performance.

The EAP is a joint program of the Government of Newfoundland and Labrador and its unions/associations.

The program also promotes employee wellness by offering seminars on topics such as managing stress, achieving good mental health, and managing change in the workplace.

Help for You.

Help for Your Family.

Help for Your Workplace.

Contact a Coordinator

Local

709-729-2290

Toll Free

1-888-729-2290

Calls to this number will be responded to within one business day.

Office Hours: Monday to Friday

8:30am - 4:30 pm

Mental Health Crisis Line

1-888-737-4668

Helping You Find Your Way



Who Is Eligible?

The Employee Assistance Program (EAP) assists employees and immediate family members of the Government of Newfoundland and Labrador. It is a short term program that may include assessment, counselling, and/or referral to a contracted service provider.

Participation in EAP is voluntary and confidential.

EAP *Help. When you need it.*

If you have a problem and want to talk about it...

Problems can include:

Marital Problems
Family Issues
Mental Health Issues
Grief and Loss
Addiction
Financial Concerns
Workplace Stress
Managing Workplace Change
Critical Incident Stress Management



How Do I Access EAP?

The Employee Assistance Program is administered by the Public Service Commission. EAP coordinators are professionally trained counselors who are there to listen and help. A coordinator will meet with you to:

- Assess your needs and concerns;
- Offer immediate support;
- Refer you as needed to a public agency or private counselor.