



Member services

International Employee Assistance Programme

Specialist advice tailored to your unique situation.



Download My EAP app now and access this service 24/7 by web, phone or mobile!



Financial advice



Health and Well-being support



Multi-lingual counseling experts



To access the International Employee Assistance Service, you can call a local number (as available and listed on the workhealthlife.com site) or call +1 905 886 3605 and request for a callback. You can also download the MyEAP app from your device's app store. My EAP app offers a variety of counseling and consultation support options so you can find one to suit your comfort level, learning style, and lifestyle.

Manage a wide range of challenges including loneliness, adapting to new cultures, personal or emotional impacts of relocation, stress, anxiety, and depression. With our independent and confidential support service, you can access specialist advice tailored to you or your dependents.

For more information on the services available with our plans, please visit your Member Portal.

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