

Support for workers and leaders during COVID-19

COVID-19 has caused major shifts in our workplaces, our homes and lives. And while we have laid a foundation for how we as communities, workplaces and individuals can cope with our current reality – there are still so many unknowns.

Clinical Focus		
Counselling Services	Addictions Management Program	Psychiatric Consultation
Work-Life Focus		
Work-Life Services	Caregiver Support	Digital Health Resources
Wellness focus		
Personal Wellness Services	Digital Health Resources	Workshops
Organizational Health		
Organizational Assistance	Trauma & Critical Incident Response	Mental Health Resources
Management Consultation	Workshops	EAP Information Sessions

To access support through your Employee Assistance Program, book an appointment or find out more about our services, please call:

204.786.8880 • 1.800.590.5553 (toll free) • 204.775.0586 (TTY)



What we are doing during the pandemic?

Connect Now

Connect Now is our clinical, personal and immediate support line where members can call to connect instantly with a professional counsellor from our Employee Assistance Program (EAP). Calls to Connect Now are over and above sessions covered under your benefits plan.

Organizational Assistance

We provide support for critical workplace events, transitional debriefings and consultation for leaders. We have also created a range of free digital resources on focused topics surrounding COVID-19 to assist leaders and workers during this difficult time.



Sharing Circles

A Sharing Circle is a tool that provides a safe environment for participants to speak about what they are thinking, experiencing and feeling.

Grief Counselling

We are providing up to three counselling sessions at no cost to Manitobans who have experienced a loss during COVID-19, regardless of if the loss is related to COVID-19. Sessions are provided through qualified clinicians from our Employee Assistance Program.



Comprehensiveness

- Extensive scope of services and delivery methods
- Counsellor and client matching process
- Multidisciplinary team and diverse designations
- Holistic treatment philosophy



Professionalism

- High level of expertise and service
- Clinically managed intake
- Extensive provider network and infrastructure
- Superior counsellor credentials



Diversity

- Multicultural and culturally diverse counselling
- Services provided in 150 languages
- Aboriginal Awareness Program and Indigenous community connections
- LGBTQ supports



Accessibility

- Access to support 24/7, 365 days per year
- Centralized services at EAC and offsite options
- Appointments available within 72 hours
- Providers in 23 rural and northern communities
- Variety of alternate channels for counselling, including video, text-based and telephonic options.

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