

A supportive program which provides active NLTA members with assistance for personal or professional challenges and to foster healthy lifestyles through the Wellness Program.



### **The Employee Assistance Program**

Access to the program is through contact with an EAP Coordinator who will provide the initial consultation, referral to an external counsellor and follow up.

### **Intervention**

- provides initial consultation, referral and follow up,
- offers crisis intervention,
- offers confidential support to cope with personal issues that are affecting overall health and job performance,
- offers preventative and health-promoting support,
- enhances the health of valued employees.

### **Eligibility**

All active NLTA members can access the Program.



*Each active NLTA member has available a \$3,000 lifetime funding limit. The program will cover private counselling up to a maximum of \$40 per hour.*

## Common Concerns

Challenges can be experienced in a variety of life areas. EAP support is only a phone call (or email) away. Some common problem areas include:

- Addictions • Work Life Integration • Trauma
- Career Expectations • Mental Health and Wellness
- Parenting • Relationships (Personal or Professional)
- Stress • Life Transitions • Grief and Loss

Take the first steps to better health:

- Recognize the need for support
- Call an EAP Coordinator
- With the Coordinator, identify the direction to be taken.

## Prevention

The Wellness component of the EAP offers a variety of services.

The Program is designed to give active NLTA members a foundation to achieve optimal health through skills enhancement and support for healthy lifestyle choices.

Resources can be obtained by contacting an EAP Coordinator or by visiting the NLTA website, [www.nlta.ca](http://www.nlta.ca).

## For more information:

Contact one of our EAP Coordinators:

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## The EAP is sponsored by:

- Government of Newfoundland & Labrador
- Newfoundland & Labrador School Boards Association
- Newfoundland & Labrador Teachers' Association