

MENTAL HEALTH

A priority for us

Since the start of the pandemic, problems associated with mental health have been increasing. An **Employee Assistance Program (EAP)** can meet the needs of your struggling employees.

How it works?

- An employee who has mental health and addiction concerns; a problem with one of his teenagers, a financial or other problem;
- This employee will have quick access to a specialist: psychologist, financial advisor or other resources;
- The EAP offers confidential support either by phone, online or in person 24 hours a day, 7 days a week;
- Up to three free meetings;
- The EAP reduces absenteeism from work;

What are the benefits of an EAP?

- it limits cost related to health care;
- It shows your commitment to your employees;
- It tackles stress and the associated repercussions;
- It gives your employees tools to help solve their personal and professional problems;
- Some insurers include an EAP in their basic plan, others allow the addition with a reasonable monthly fee;

By combining an EAP with a Virtual Care offer, your group plan will be well positioned to help your employees with mental health concerns.

If you want to offer an EAP to your employees or if you have any questions about the program, contact us at:

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