



Employee Assistance Program

Your catalyst for change.

Whether your challenges are personal or work-related, big or small, your Employee Assistance Program by Arcora offers you, your employees and families confidential access to evidence-based supports that can help with a wide range of issues. What follows is a breakdown of your tailored program, the types of supports you can access and what to expect when you reach out for support.

AACORA

Employee Assistance Program (EAP)

The Support

Your well-being supports are designed to help you and your employees when life's waters get a little choppy. The supports provided by our network of top-tier professionals can help your team overcome hurdles in their lives and build resilience for life's future challenges.

The Specifics



For your staff

All staff (including you!) and their family members have access to:

- Mental health counselling
- Nutritional guidance
- Eldercare guidance
- Personal legal guidance
- Personal financial guidance
- Childcare navigation support
- Seamless transition for employees to/from Teladoc supplementary supports
- Our digital mental health app, Hugn
- Expert online resources



For you

As a business owner or head of your company, you have access to:

- An Arcora information session
- Digital promotional materials

The Steps

1

Reach out.

Get in touch with Arcora by completing our [online form](#) or calling [1-877-412-7483](tel:1-877-412-7483).

2

Share.

Tell us about your concerns and we'll match you with the professional in our network best suited to meet your needs and most likely to produce a successful outcome.

3

Book a session.

We'll let you know the plan when you reach out, but depending on the type of support you're looking for, either:

- you'll contact the professional you've been matched with to book your first session or
- the professional you've been matched with will reach out to book your first session.

