

Let us help

# My EAP app

Get the help you need on your mobile device, anytime and anywhere.

Gain immediate, confidential and secure access to your Employee and Family Assistance Program (EFAP) on your mobile device. Available worldwide in three languages and across all major mobile platforms (iOS, BlackBerry and Android), our My EAP app is your 'always-on' mobile support tool.

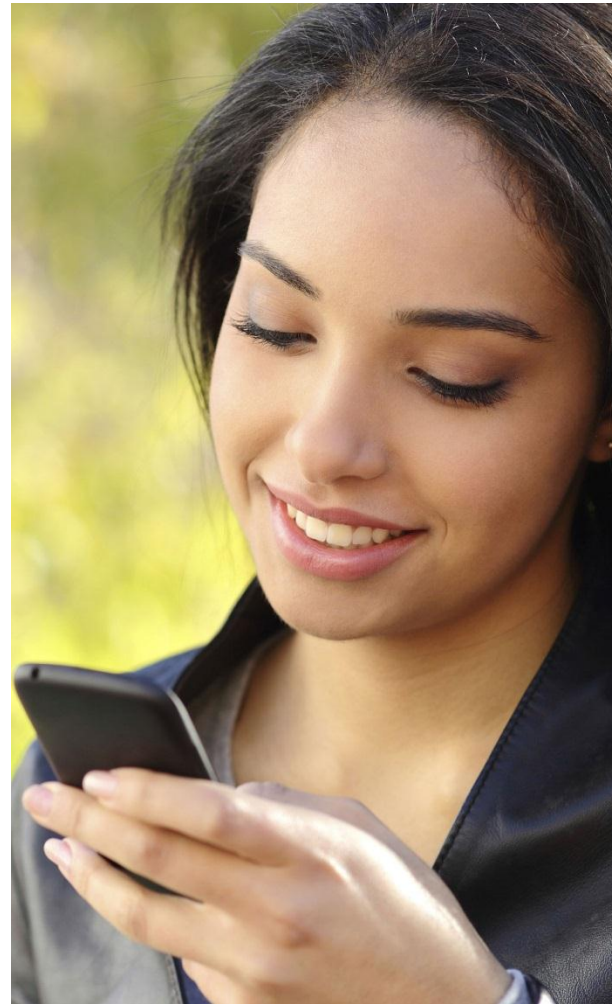
## Confidential support 'on the go'

- Counselling
- Book a service
- Assess your stress, relationship and finances
- Mobile-friendly versions of your EFAP online programs
- Insightful articles and videos

## Free download and available worldwide

The My EAP app provides unparalleled access for your entire family to EFAP services and support and is available in English, French and Spanish.

If you are in a crisis situation or at risk of harm to yourself or others, the Care Access Centre is available 24/7 for immediate and confidential assistance.



## Connect with us for confidential support or to learn more

With the **My EAP app** you and your family have another way to access immediate and confidential EFAP support, all in the palm of your hand.

For immediate assistance, contact us at **1.844.336.3136** or visit **workhealthlife.com**



Download My EAP app now at your device app store or scan the QR code.



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