

EAP Services



Get help
when you
need it.

fseap Now we're
talking.



We all face difficult and stressful times in our lives. Sometimes we can handle them on our own, and sometimes we need help from family, friends or professionals. When we don't deal with concerns, they can build up and begin to interfere with our lives, both at work and at home. That's why your workplace offers an Employee Assistance Program (EAP).

FSEAP provides you and eligible family members with access to free, professional and confidential counselling, coaching and consulting services. These services can help you manage personal, family, or work-related concerns and to become more resilient.

FSEAP can help with:

- building stronger family and personal relationships
- managing personal and job stress
- addressing depression or anxiety
- coping with separation and loss
- planning growth and development
- balancing work and family
- responding to personal crises
- identifying problem drug and alcohol use
- resolving conflict
- recovering from trauma, harassment or abuse
- relieving financial worries
- answering legal questions
- adjusting to life or job transitions
- planning professional growth and retirement



So easy to use:

Contact FSEAP.

Get immediate access to
experienced professionals.

FAMILY
SERVICE ASSOCIATION

902.420.1980

1.888.886.5552 Toll Free

info@fshalifax.com

1.800.668.9920 After hours

Suite 2069, Mumford Professional Centre
6960 Mumford Road Halifax NS B3L 4P

Your EAP services are provided by Family Services Employee Assistance Programs (FSEAP), an experienced national provider. Services are available face-to-face, by telephone or over the Web. FSEAP counsellors and coaches are professionals with a minimum of a master's degree in their field. All services are confidential within the full limits of the law.

To access EAP services, simply use the contact information listed above. A professional counsellor will speak with you about your needs and connect you with the best resources to help you achieve your goals.

fseap.ca