



Professional and confidential help
Available **24/7**

1-855-480-2240

reception@**optima**globalhealth.com

PSYCHOSOCIAL AND PHYSICAL SUPPORT

optima

Santé globale **Global Health**



EMPLOYEE ASSISTANCE PROGRAM

A simple question or concern is reason enough to contact us.

- > Stress or anxiety
- > Difficulties at work
- > Marital or family problems
- > Depression
- > Addictions
- > Financial troubles or legal questions
- > Career change
- > Physical health problems

This program offers a complete service!

- > Consultation by phone, online or in person (number of hours depends on your coverage)
- > Support for changing lifestyle habits
- > Personalized coaching and advice
- > Multidisciplinary team of professionals
- > Guaranteed confidentiality