

SUPPORT FOR EMPLOYEES AND MANAGERS



Guide for managers

Your assistance program helps you get personalized support and refer employees experiencing difficulties for professional assistance. Support is available by phone, online or in person for physical as well as psychosocial issues, and one hour of legal and financial consultation by phone is included.

- Coaching for managers
- Intervention in a crisis situation
- Support for changing lifestyle habits
- Problem-solving for personal, professional and family issues
- Legal and financial advice
- Access to a multidisciplinary physical and psychosocial health team

If you notice an unusual change in behaviour in those around you, quickly call a meeting with the individual to refer them to the assistance service. A simple question or concern is sufficient grounds to contact us.

Order printed material at optimaglobalhealth.com

Several resources are at your disposal!

- Watch our video clips on a wide range of topics at optimamedia.ca/en. (Access code required.)
- Contact our assistance service to get coaching over the phone.
- Keep our reference cards on hand.

Intervention in a crisis situation

In addition to individual difficulties, organizations can be faced with disruptive events that may destabilize employees, work teams or even the entire organization.

Get all the phone support you need in less than an hour. In situations requiring an intervention in the workplace, a specialized counsellor will be on site within 24 hours.



**Offering a card
is offering help!**

Professional and confidential help 24/7

 **1-855-480-2240**

sac@optimaglobalhealth.com