



**ASSISTNOW<sup>®</sup>**  
**Employee Assistance Program**

Assisting you and your family through life's  
personal and work-related challenges

AssistNow EAP  
delivered by Humanacare  
[www.humanacare.ca](http://www.humanacare.ca)



Powered by  snapclarity





Your AssistNow is a confidential and voluntary professional consultation, counselling, and work life service available 24 hours/day in-person, by phone and via the internet.

Our qualified specialists are from the fields of psychology, social work, educational counselling, coaching, nutrition, law and, finance. They are regulated by their respective professional bodies and will provide you with quality support for a full range of personal and work-related issues in the following areas:

- Addictions
- Anxiety
- Aware mindfulness program
- Depression
- Family
- Financial
- Grief and trauma
- Health coaching
- Legal
- Marital and relationships
- Mental health
- OnCallogic cancer support
- Separation & loss
- Stress
- Work issues and conflict
- Work-life balance

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### **The Empire Life Insurance Company**

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