

There is no shame in asking for help, but it's a shame what can happen if you don't ask.

Any Grand Erie District School Board employee, including casual and long-term occasional staff, may contact an EAP Service Provider directly. A family member may access this service if that family member's issues are affecting the employee's ability to cope, either in their personal or professional life. The family member is to be accompanied by the employee.

CONFIDENTIALITY IS GUARANTEED

The approved EAP Service Providers are not employees of the board, and identity information is not provided to Grand Erie.

Your contact with the Service Provider is held in strict confidence, in compliance with the ethical policies governed by their professional associations.

COST TO THE EMPLOYEE

All employees are eligible for up to **five (5)** one-hour counselling sessions per school year, for which **100%** of the cost is paid by Grand Erie. Employees may continue with counselling beyond the five sessions at 100% of their own cost.

WE WANT TO HEAR FROM YOU

Please complete the EAP survey using the QR code provided on the front of this brochure. Your feedback on the service you received is appreciated to help us ensure quality service. This survey is completely anonymous.

POLICY STATEMENT

Grand Erie and its employee groups have expressed their joint intention to work cooperatively and constructively to maintain a successful Employee Assistance Program.

OBJECTIVE

The program promotes employee wellness by providing confidential access to counselling services for all permanent employees.

THE PROGRAM

The program is based on self-referral and anonymity. The program is designed to provide assistance for employees to access professional services for coping with matters of a physical or mental health, personal or family nature, including stress, alcohol or drug dependency, and work-related problems. The employee is not required to discuss participation with anyone.



Employee Assistance Program

For further information contact
Grand Erie Health & Disability Officers:

Jasmine Chaggar

jasmine.chaggar@granderie.ca
519-756-6306, ext. 281253

Mandy Deplancke

mandy.deplancke@granderie.ca
519-756-6306, ext. 281125

Sylvia Hunniford,

sylvia.hunniford@granderie.ca
519-756-6306, ext. 281130

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A Confidential Counselling and Information Service

Scan the QR code below to
take an EAP survey:





SUPPORT WHEN YOU NEED IT

Have you heard the expression “life is an emotional roller coaster?” Although we can usually ride it out, there are times when we find it too difficult to manage on our own. When troublesome thoughts or feelings become common occurrences, they can have a negative impact on our relationships, careers, and self-esteem. No one is immune to, or alone in, this experience.

The EAP offers employees and their family members (under certain circumstances), access to professional counsellors and assistance with the financial cost of their services.

The program may be accessed by contacting one of the following Service Providers to book an appointment. Identify yourself as an employee of Grand Erie District School Board.

Service Providers are to arrange appointments within 72 hours of the initial contact; however, under crisis circumstances, same-day appointments, or appointments within 24 hours, are expected.

SUPPORT LEGEND

- 1 Marriage/couples and family
- 2 Children and adolescence
- 3 Abuse/assault victims
- 4 Abuse/assault perpetrators
- 5 Grief
- 6 Addiction/substance abuse
- 7 Stress management
- 8 Mental illness
- 9 Disability/illness
- 10 Anger management
- 11 Financial counselling
- 12 Geriatric issues/counselling
- 13 Eating disorders
- 14 Concurrent disorders
- 15 Trauma
- 16 Self-harm disorders
- 17 Suicide intervention
- 18 Depression/anxiety
- 19 Dealing through Native American Medicine Wheel



SUPPORT PROVIDERS

Blends Wellness Counselling

1 2 3 4 5 6 7 8 9 10 12 13 14 15 16 17 18

6 Main Street, Fisherville, ON

(905) 515-1672

BSL Counselling Services

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

1055 Concession 13, Hagersville, ON

(289) 809-7151

Brantford Integrative Health Centre

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

166 Charing Cross St., Brantford, ON

(519) 304-7044

Willowbridge Community Services

1 2 3 4 5 6 7 8 9 10 11 12 14 15 18

54 Brant Avenue, Brantford, ON

(519) 753-4173

Great Lakes Counselling & Consultation

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

Locations in Brantford, Simcoe and Woodstock

(519) 861-9878

Guthrie and Associates Inc.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

108 St. George St., Suite 5, Brantford, ON

(519) 752-8280

Homewood Health

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19

Locations in Brantford, Woodstock, Cambridge, Hamilton, Guelph, Kitchener and Caledonia.

1-800-663-1142

Mike Fidler & Associates Inc.

1 2 3 4 5 6 7 10 12 13 15 16 18

Locations in Simcoe, Brantford and Caledonia

(519) 428-0776 or (800) 560-5577

Norfolk County Counselling & Psychotherapy

1 2 3 4 5 6 7 8 9 10 12 13 14 15 16 17 18

101A Queensway East, Simcoe, ON

(519) 718-4246