

Employee Assistance Program

What is an EAP?

An Employee Assistance Program (EAP) provides professional, confidential support services including counselling, programs for help with common life issues and resources to employees and members of their immediate families. It can also give you the information, tools and insights you need to deal with minor issues now so they don't grow into more serious problems in the future.



Who pays for this service?

The program is fully paid for by the UGDSB.

Is the service confidential?

The strict confidentiality policy and safeguards ensure that no one will ever know you're using EAP services unless you choose to tell them. This includes your employer and co-workers. Personal information is only ever provided to authorities when certain conditions, including threat of violence to oneself or others, child abuse or a subpoena, require Shepell-fgi to release it by law.

Who should I call?

1-800-387-4765

The Upper Grand ETFO Teachers' Local encourages teachers to ask for Laurette Larocque, PhD when seeking EAP assistance.

The EAP operator may suggest an on-line service, a telephone service, or a different counselor. Teachers may opt for these, but we generally do not recommend the on-line service. While telephone service may be useful in specific circumstances, we typically recommend working with a counselor. Shepell-fgi is aware that the counselor we recommend to teachers is Laurette Larocque. She provides individual counseling, not group or family work.

What kinds of problems or concerns use an EAP?

Employees can bring any problem or issue to an EAP that they feel is affecting their physical or mental health, quality of life or work.

Common issues include:

Emotional and mental health

Relationships and family

Workplace concerns

Work-life balance and stress

Addictions

Physical health and nutrition

Career questions

Child and eldercare

Legal and financial concerns