

A supportive program which provides active NLTA members with assistance for personal or professional challenges and to foster healthy lifestyles through the Wellness Program.



The Employee Assistance Program

Access to the program is through contact with an EAP Coordinator who will provide the initial consultation, referral to an external counsellor and follow up.

Intervention

- provides initial consultation, referral and follow up,
- offers crisis intervention,
- offers confidential support to cope with personal issues that are affecting overall health and job performance,
- offers preventative and health-promoting support,
- enhances the health of valued employees.

Eligibility

All active NLTA members can access the Program.



Each active NLTA member has available a \$3,000 lifetime funding limit. The program will cover private counselling up to a maximum of \$40 per hour.

Common Concerns

Challenges can be experienced in a variety of life areas. EAP support is only a phone call (or email) away. Some common problem areas include:

- Addictions • Work Life Integration • Trauma
- Career Expectations • Mental Health and Wellness
- Parenting • Relationships (Personal or Professional)
- Stress • Life Transitions • Grief and Loss

Take the first steps to better health:

- Recognize the need for support
- Call an EAP Coordinator
- With the Coordinator, identify the direction to be taken.

Prevention

The Wellness component of the EAP offers a variety of services.

The Program is designed to give active NLTA members a foundation to achieve optimal health through skills enhancement and support for healthy lifestyle choices.

Resources can be obtained by contacting an EAP Coordinator or by visiting the NLTA website, www.nlta.ca.

For more information:

Contact one of our EAP Coordinators:

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The EAP is sponsored by:

- Government of Newfoundland & Labrador
- Newfoundland & Labrador School Boards Association
- Newfoundland & Labrador Teachers' Association