

A supportive program for active NLTA members, offering help with personal or professional challenges and promoting healthier lifestyles.



How It Works

Contact an EAP Coordinator for an initial consultation, referral to an external counsellor, and follow-up. Each member has a \$3600 lifetime funding limit, with coverage for private counselling up to \$40 per hour.

What's Offered

- Consultation, referral, and follow-up
- Crisis intervention
- Confidential support for issues affecting health, wellness and job performance
- Preventive and health-promoting services through outreach and wellness workshops

Common Concerns

- Stress, trauma, grief, or life transitions
- Mental health, addictions, or relationships
- Parenting, career expectations, or work-life integration

Next Steps

Visit www.nlta.ca or contact an EAP Coordinator for details.

For more information:

Contact one of our EAP Coordinators:

Kenda Riggs

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NLSchools



Mental Health and Addictions Community Support

Immediate Support

- **911**—Emergencies/immediate risk
- **811**—NL Mental Health Crisis Line (24/7)
- **988**—Suicide Crisis Line (24/7)|Call/Text 988|988.ca
- **Kids Help Phone**—1-800-668-6868|Text CONNECT to 686868 |kidshelpphone.ca
- **Hope for Wellness Line**—1-855-242-3310|hopeforwellness.ca

Non-Crisis & Peer Support

- **Lifewise Warmline**
EN: 1-855-753-2560|FR: 1-833-753-5460|lifewisenl.ca
- **Mental Health Navigator**—1-877-999-7589
- **211 NL**—Dial 2-1-1|nl.211.ca
- **Doorways Counselling**—Same-day, single session|bridgethegapp.ca

Substance Use & Gambling

- **Alcoholics Anonymous NL**—709-579-6091|aa.org
- **Narcotics Anonymous NL**—709-728-9084|nlareana.ca
- **Problem Gambling Helpline** (24/7)—1-888-899-HELP
- **Smokers' Helpline**—1-800-363-5864|smokershelp.net

Provincial Mental Health & Addictions Services:

- **Mental Health & Addictions Systems Navigator:**
1-877-999-7589
- **Bridge the Gapp:**
free self-help and online tools|bridgethegapp.ca

