

People Connect **EAP**

Your seamless work, life,
and health employee
assistance program



People Connect EAP provides access to work/life supports and enhanced mental health resources designed to support you and your family through life's challenges.

Easy-to-use and digital-first, receive support when and how you need it.

Services include:

- Individual counselling
- Couples counselling
- Health coaching
- Life and career coaching
- Legal advisory
- Financial advisory
- 24/7 individual crisis support

After you've used your allotted mental health counselling hours, you can continue receiving support at an affordable rate. You can claim these services through your group benefits plan (dependent on plan design) or pay out-of-pocket.

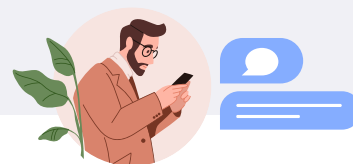
Additional sessions are charged at a rate of \$90/hour for virtual, and \$110/hour for in-person.



What to expect:

- A convenient online system to book a phone, video, or in-person* appointment with a counsellor or coach at your convenience.
- Access to a recognized mental health self-assessment tool.
- Counsellor-matching technology to ensure your needs and preferences are met.

**Applicable to mental health counselling only.*



Getting started is easy and only takes a few minutes.

Visit bbd.pchealthhub.com/eap or scan the QR code to register your confidential account.

Individuals facing an immediate personal crisis can call 1-855-933-0103 (press 3 for People Connect). This is not an intake line for the other services.

