



Individual Assistance Program (IAP)

Navigating life's circumstances, stresses and relationships can be hard and sometimes help is needed. We're here to support your overall mental health and wellness through our IAP. This program provides confidential and professional counselling and coaching services to you and your family so that you can focus on the activities and people you love.

Our partnership with Homewood Health—a Canadian leader in mental health and addiction services—delivers just that. Their program is designed to provide short-term, solution focused support in dealing with precursors of more complex mental health and addiction issues.

SERVICES OFFERED

Getting you and your family through the unpredictable range of life's challenges can be tough. IAP services can support you in:

Improving personal well-being

- ✓ Mental health, depression and anxiety
- ✓ Nutrition and weight management
- ✓ Grief and loss
- ✓ Alcohol, drug or smoking addiction

Managing relationships and family

- ✓ Communication
- ✓ Relationship conflict
- ✓ Parenting
- ✓ Separation and divorce

Addressing workplace challenges

- ✓ Work-life balance
- ✓ Career planning
- ✓ Workplace conflict
- ✓ Work-related stress

Taking financial and legal control in life

- ✓ Credit and debt management
- ✓ Retirement planning
- ✓ Bankruptcy
- ✓ Family law

ACCESSING SUPPORT—HOW IAP WORKS

If you decide that it's the right time for some help, contact Homewood Health by calling the number below. They'll run you through the registration process and offer support while providing approaches that best suit your needs:

- In-person
- Over-the-phone
- Video
- e-counselling (instant chat or private messaging)
- Self-directed online resource packages and tools

Your benefit plan offers 12 hours of support services per plan member and your dependent(s) per calendar year.

CONTACT & QUESTIONS—HERE FOR YOU ANYTIME, ANYWHERE.

Help is always available—IAP services are here to support you and your family with bilingual and fully accessible services 24 hours a day, seven days a week.

English and French: 1-844-375-5399

Online resources: ab.bluecross.ca/iap

