# **Employee Assistance Program**





This service offers you and your family support with any work or personal issue, including short-term professional counseling and connecting you to local resources to help you manage emotional, practical or physical needs.

# The service

- Is free no cost to you
- Is confidential
- Is available in your language
- Is available 24 hours a day, 7 days a week, 365 days a year

# Talk to a Counselor

- Improving relationships
- Managing life changes
- Improving esteem and confidence
- Achieving work-life harmony

#### **Connect to local resources**

- Childcare needs
- Caring for an elder
- School success
- Legal resources

# Help for staying healthy

- Sleep
- Eating well
- Finding a gym

Employee support is provided by CuraLinc Healthcare. The organization is staffed by professionals who are completely independent of your employer. They are bound by professional standards regarding confidentiality, and do not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your employer.

#### Freephone: 877 847 4525

Mobile or internet-based calls may not be guaranteed. Please consider another access method listed here.

# Direct dial: +1 416 956 2979

Call us direct and we will return your call.

# Email: globalsupport@curalinc.com

# Web: global.supportlinc.com



group code: sherwinwilliams

#### iConnectYou app:

Download the app from the App Store (iOS) or Google Play (Android) and register using **passcode: 194143**