

Professional and confidential help
Available **24/7**

 **1-855-480-2240**

Vancouver: 778-370-3885

Calgary: 403-648-2764

Edmonton: 780-665-1108

Winnipeg: 204-272-4252

Toronto: 647-476-3906

Ottawa: 613-667-3196

Montreal: 514-352-2240

Quebec City: 418-476-5352

Moncton: 506-801-9431

Halifax: 902-442-0796

reception@**optima**globalhealth.com

**EMPLOYEE
ASSISTANCE PROGRAM**



Psychological and physical support

A simple question or concern is reason enough to contact us.

- > Stress or anxiety
- > Difficulties at work
- > Marital or family problems
- > Depression
- > Addictions
- > Financial and legal troubles
- > Career change
- > Physical health problems

Optim'assist offers a complete service!

- Counselling via telephone, in person or online (number of hours depends on your coverage)
- Support for changes in lifestyle habits
- Coaching and personalized advice
- Post-traumatic interventions
- Multidisciplinary team of professionals
- Guaranteed confidentiality