



SAFETY TALK

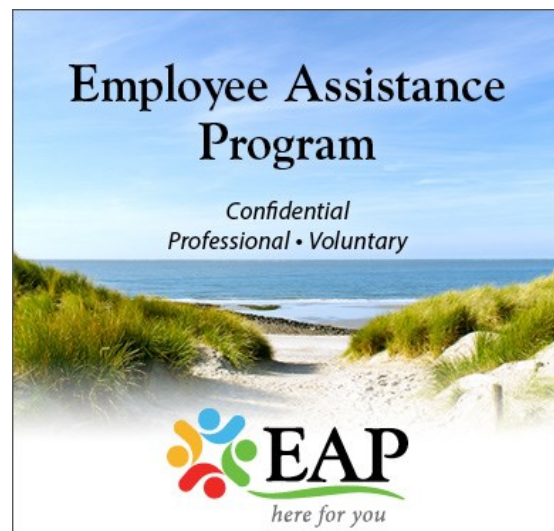
EMPLOYEE ASSISTANCE PROGRAM

DID YOU KNOW?

The Employee Assistance Program (EAP) is designed to help employees experiencing personal problems. EAP helps employees solve problems as early as possible before they seriously affect self, family, and work performance. All Health PEI employees are eligible for EAP services at no cost.

EAP OFFERS ASSISTANCE IN:

- Emotional Health and Wellness
- Relationship Difficulties
- Bereavement, Grief and Loss
- Anxiety, Stress and Depression
- Work Related Stress
- Family/Parenting/Eldercare Issues
- Alcohol and Substance Abuse
- Work/Life Balance
- Legal and Financial Stress
- Life Transitions



SEEK PROFESSIONAL HELP, IF NEEDED:

Prioritize your well-being. The perspective of a professional can help identify the source of stress and help develop a plan to manage it. Reach out to EAP for help and support at:

Telephone: (902) 368-5738

Toll Free: 1-800-239-3826

E-mail: eap@gov.pe.ca

Website: <https://psc.gpei.ca/employee-assistance-program>

Safety is everyone's responsibility!

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

DID YOU KNOW HEALTH PEI EMPLOYEES HAVE ACCESS TO AN EAP PROGRAM?

WHEN MAY AN EMPLOYEE NEED SUPPORT THAT THE EAP PROGRAM COULD HELP WITH?

WHAT ARE THE BENEFITS OF HAVING AN EAP PROGRAM?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org.

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>