people CORPORATION®

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.

After you've used your allotted counselling hours, you can receive ongoing support with a counsellor or coach at your personal expense. You can submit these services for reimbursement through your group benefits plan (please refer to your benefits booklet to understand coverage).

Additional sessions (beyond allotted counselling hours) are charged at a rate of $90/hour for virtual, and $110/hour for in-person.





Individual and Couples Counselling

Confidential virtual therapy from wherever you are. Through our personalized matching algorithm, we match you with a qualified counsellor best-suited to your needs and preferences

Get support for:

- Depression
- Anxiety
- Addication
- Stress Management
- Burnout
- Anger Management
- Grief and Loss
- Trauma
- and more

Work and Life Support

People Connect EAP helps connect you with trained experts including registered nurses, nutritionists, financial coaches and more to help you achieve your goals.

Get support for:

Work and career challenges

- Career management
- Goal setting
- Career transition

Health and nutrition goals

- Smoking cessation
- Nutritional coaching
- Illness/disease management/ prevention

Legal issues*

- Wills and estate
- Family law
- Legal rights

Financial planning*

- Budgeting & money management
- Credit counselling
- Investing

Family planning, parenting relationships

- Teen parenting support
- Productive parenting relationships
- New parent resources

Moving homes and processing change

- Moving out
- Living on your own

Life transitions

- Growing a family
- Empty nesting
- Divorce/separation

Eldercare and navigating retirement

- Eldercare resource sourcing
- Retirement transition

For general support questions and crisis support call:
1-855-933-0103 (Toll-free 24/7/365)

*General advice only. Legal advisory excludes labour and immigration law.

Get Started

Start your mental health journey with your 6 free sponsored hours today*.

pcpeopleconnect.com/eap

Scan the code above and click on **Get Started** to register.

To access mental health counselling click on the EAP: work, health and life services tile, click on Go to Inkblot and complete a short assessment to get matched with a counsellor.

To access Work and Life support, click the Work, Health and Life Services tab at the top of the virtual counselling dashboard.

*6 hours per category per employee/dependant (individual counselling, couples counselling, life transitions, career counselling, health coaching). Unlimited legal and financial consultations.