

## Areas of Counselling

- Marital and Relationship
- Stress and Anxiety
- Depression
- Substance Abuse
- Legal and Financial
- Bereavement
- Family and Parenting
- Career and Vocational
- Anger Management
- Diet and Nutrition
- Self Esteem
- Work-Related Stress
- Harassment
- HealthCare Navigation
- And more



**1-800-661-8193**

24 HOURS A DAY ANYWHERE IN NORTH AMERICA

[humanacare.com/bbd](https://humanacare.com/bbd)

## Employee Assistance Program



# Welcome to HumanaCare

As an employee you have access to HumanaCare's Employee Assistance Program providing free, confidential support and counselling for individuals and their families experiencing work-life challenges.

## HUMANACARE CAN ASSIST IN THE FOLLOWING AREAS:

- Marital and Relationship Support
- Stress and Anxiety
- Depression
- Substance Abuse
- Legal and Financial Support
- Grief and Bereavement
- Family and Parenting Challenges
- Anger Management
- Diet and Nutrition
- Self Esteem
- Work-Related Stress
- Harassment
- Violence
- Healthcare Navigation and Support

## Why Access HumanaCare's EAP?

Many people face personal problems and pressures in their daily lives. Sometimes these problems become too much to handle and will begin to affect personal happiness, family life, performance at work and physical and mental health. Problems can worsen with time and may become difficult to deal with individually. HumanaCare's support and counselling can assist in finding ways to deal with these life challenges.

## What does this cost?

Your EAP is a benefit offered under your organization's group insurance plan. There are no out-of-pocket expenses for you, and no claims forms to fill in when using this service.

## Who can use the HumanaCare program?

Employees, their spouses/partners and children under 25 years of age (or still dependent) can access services.

## How do I access HumanaCare's EAP?

**1-800-661-8193**

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## Is the program confidential?

Yes, all information is kept secure and is never shared with your employer.

## Are there any Online or Self-Serve Options?

Included with your EAP program is access to our wellness platform and our HumanaCare Mobile Applications. You can access the wellness platform by visiting: [www.humanacare.com/bbd](http://www.humanacare.com/bbd)

Your mobile application key code is:  
**humanacare**

**1-800-661-8193**

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