

Life is full of all kinds of experiences. Good times are shared with family, friends, and co-workers, but when the going gets rough, it may be hard to find someone you can turn to for good advice.

Posaction® Plus can provide you with professional help so you can get back on track.



#### WORK-RELATED PROBLEMS

- Stress, burn-out
- Conflicts with co-workers or superiors
- Interpersonal problems
- Communication problems
- Loss of interest in work
- Trouble adjusting to a change of tasks
- Difficulty adapting to changes in structure and working methods, etc.

#### PERSONAL DIFFICULTIES

- Overwork, fatigue
- Sleeping disorders
- Lack of motivation
- Depression, anxiety
- Grief, etc.

#### FAMILY DIFFICULTIES

- Marital conflicts
- Problems associated with a separation, divorce or blended family
- Communication problems with your spouse, children or family, etc.

#### SUBSTANCE ABUSE PROBLEMS

- Abuse of drugs, alcohol or medication
- Gambling problems
- Internet addiction, etc.

#### HOW MANY HOURS DOES THIS SERVICE COVER?

The Posaction® Plus service is part of your group insurance plan and offers up to 12 hours of psychosocial counselling per policy year.

#### WHAT ABOUT CONFIDENTIALITY?

Complete confidentiality is a fundamental principle of Posaction® Plus. All professional counsellors are members of a professional association and are bound by the code of ethics of their profession. No information concerning the use of these services may be disclosed to anyone without your express written consent.



The Posaction® Plus service is offered at no cost to you, as part of your group insurance plan. You pay no fees for using this service and there is no reimbursement forms to complete.

#### HOW CAN I ACCESS THIS SERVICE?

Simply call one of the toll-free numbers indicated on the back of this brochure. Telephone lines are open 24 hours a day, 7 days a week. When you call, a specialist will identify the nature of your difficulties and, if necessary, refer you to a professional counsellor who can meet with you at your convenience.

Before you call, make sure to have your group insurance policy number and certificate number handy. This information will be required to validate your eligibility for these services.

**POSACTION**  **Plus**



Professional Assistance  
Referral Service

L7025-901

CONTRACT NO.

CERTIFICATE NO.