

So Easy to Use.

Contact FSEAP 24/7.

Get immediate access to experienced professionals.

Contact FSEAP, the Boilermakers' National Health Plan's (Canada) MAP provider today:



1.866.990.1113

TTY 1.888.234.0414



help@fseap.ca



myfseap.ca

Group Name: Boilermakers

Password: myfseap

The Boilermakers' National Health Plan's (Canada) MAP services are provided by FSEAP, an experienced national provider. MAP services are available by telephone, face-to-face, or over the internet. FSEAP counsellors and coaches are professionals with a minimum of a Master's Degree in their specialized field.

To access the Plan's MAP services from FSEAP, simply use the contact information provided above. A professional counsellor will speak with you about your needs and connect you with the best resource to help you with your concerns.

No matter what the issue is, whatever you or a Dependant discuss with FSEAP is kept highly confidential. FSEAP will not release any information you discuss to anyone without your prior written consent, except where required by law.

FSEAP is Canada's only national not-for-profit provider of MAP and wellness programs. Net proceeds from our services, including the Boilermakers' MAP, fund community programming across the country to support individuals and families in need. FSEAP has been providing services in Canada since 1974.

Boilermakers' National Health Plan (Canada)

Member Assistance Program (MAP)



fseap Now we're talking.



We all need support from time to time to help us deal with difficult or stressful times, or to help us make positive changes in our lives. Most times, we can deal with these situations ourselves or with the help of family and friends. Other times, it is better to talk to a trained professional or to use information developed by professionals to put us on the right track. That's why the Boilermakers' National Health Plan (Canada) offers a Member Assistance Program (MAP) to Members and their eligible Dependants.

The Boilermakers' MAP provides you and your eligible family members with free and highly confidential professional counselling, coaching, consulting and online assistance services.

PROFESSIONAL COUNSELLING & CONSULTING SERVICES

Getting support is easier than ever. The Boilermakers' MAP offers in-person counselling from over 1,000 locations across Canada. If you work shifts or you prefer to talk to someone while you are at home, counselling is also just a phone call away or available online, through video and email. FSEAP can help support you and your family with:

- **Personal:** crisis, stress, trauma, abuse, harassment, anxiety, depression, anger, grief and loss, financial or legal
- **Family/Relationship:** marriage, divorce, separation, mediation, parenting, violence, child or eldercare
- **Parenting:** child development, life changes, child and teen parenting, eldercare
- **Addictions:** drug and alcohol, sexual, internet, gambling or shopping
- **Health Management:** smoking cessation, homeopathic, wellness and meditation
- **Nutritional:** balanced diet, weight loss, diet-related medical concerns, planning, risks

- **Life Coaching:** conflict resolution, supervisory, change management
- **Career:** educational planning, skill building, resource planning, career change
- **Financial:** planning, retirement, budgeting, debt management, estate planning, setting goals
- **Legal:** civil, family, motor vehicle, estate, wills, criminal

FSEAP'S ONLINE HEALTH AND WELLNESS RESOURCES

Sometimes all we need is some information to lead us in the right direction. The Boilermakers' MAP provides you with unlimited 24/7 access to online health and wellness information and resources. Counselling and other self-help resources are available online, including:

- **MAP Services:** read detailed descriptions about the MAP services available to you, request a service, or access immediate assistance
- **Self-Help Solutions:** access articles, newsletters, videos, self-assessment tools, e-health programs, online courses and more, for self-study online



To access the Plan's online services and for more information about the Boilermakers' MAP, including which family members are eligible to use FSEAP services, login to the Plan's MAP website at myfseap.ca using the following information:

Group Name: Boilermakers

Password: myfseap

