



# Every step of the journey.

Different stages in life require different types of support. Get the help you need for challenges at every stage of your life journey.

**Your employee assistance program is here to help.**

Call 1-877-455-3561 for confidential professional assistance. Available 24/7.

Offered to you through

 **Desjardins**  
Insurance  
Life • Health • Retirement

 **TELUS** Health

Desjardins®, Desjardins Insurance™ and related trademarks are trademarks of the Fédération des caisses Desjardins du Québec used under licence by Desjardins Financial Security Life Assurance Company. 200, rue des Commandeurs, Lévis (QC) G6V 6R2 / 1-866-647-5013. [desjardinslifeinsurance.com](http://desjardinslifeinsurance.com)