



Millwrights Local 2736 Health Benefits Plan

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Dear Members,

We are very excited to be collaborating with FSEAP (Family Services Employee Assistance Program) to offer counselling and Work/Life Services to our members and their eligible family members as of May 1, 2021.

FSEAP has been providing employee assistance programs, wellness solutions, and consulting to organizations across Canada since 1974. As the only national not-for profit provider, they believe healthy families and workplaces create healthy, thriving communities. FSEAP directs profits to programming for children, youth, adults, families, and seniors in communities throughout BC and Canada.

FSEAP offers immediate, confidential assistance to help you find the right options and solutions to navigate through life's simple and complex challenges. Attached is a FSEAP Member Brochure and a Work/Life Services Brochure, which outlines FSEAP's services (some of which are listed below) and includes their phone number (**1.800.667.0993**). Depending on the service, you can receive support over the phone, in person, by video conference or with self-guided online resources. All services are free to members and completely confidential.

Counselling

- 24/7 Access and Crisis Support
- Professional counselling for individuals, couples, and families
- Able to address a broad range of mental health issues and concerns such as:
 - Anxiety and depression
 - Stress
 - Family and parenting concerns
 - Relationship challenges
 - Substance use concerns and addictions
 - Struggles related to COVID-19

Work/Life Services

- Family Care (Child and Eldercare) Consultation and Resources
- Family Care Resource Kits
- Financial Coaching and Credit Counselling
- Legal Referral and Advisory Services
- Life/Health Coaching, Nutritional Counselling
- Smoking Cessation Support

Resources to Enhance Health and Well-being

- [Online](#) health and wellness resource library offering articles, newsletters, videos, podcasts, etc.

Each client is entitled to 6 sessions per year (for counselling sessions and/or Work/Life Services; care centre can assist with how the sessions are counted). A client is defined as (a) a union member, in good standing, or retired; (b) a dependent child to the age of 25, or to any age if a full-time student, or disabled; or (c) a partner/spouse who is married to or is living and cohabiting in a marriage-like relationship with a member and may be of the same gender.

Members can go to “myFSEAP” portal and login, using “MW2736” as the user name and “2bwell” as the password. There is also a “myFSEAP” mobile app for your convenience. In addition, please take a few minutes to view the following videos regarding FSEAP’s services:

- [Member video](#) (2 ½ minutes)
- [Supervisor video](#) (almost 7 minutes)

Thank you for all of your hard work and efforts. We care about the mental health of our members and we are hoping that during this especially difficult time (and beyond) that you find FSEAP’s services beneficial.

Sincerely,

Miro Maras