

Here to help during a transition period



If you recently learned that you are being laid off, you may be feeling numb, emotional and upset, or even angry. **Morneau Shepell** has a range of practical resources to help you handle this difficult transition.

Caring, professional **Morneau Shepell** advisors are available by phone 24/7 to help you:

- Understand and handle feelings of anxiety, sadness or anger
- Think through how to talk about the layoff with your family and friends
- Handle financial issues you may be facing
- Create plans to focus on the future
- Financial counseling
- Identifying local community resources which can offer additional assistance

The program is available 24 hours a day, every day. Simply call the toll-free number to speak to a master's level clinician.

The EAP is here to help you manage personal and work related concerns. The information you discuss with the EAP is kept confidential in accordance with federal and state laws.

Connect with us for confidential support or to learn more

Access your EAP 24/7 by phone or web.

1.866.515.6364 | workhealthlife.com/mlaeap