

TANDEM

Employee assistance program

Available to those covered by the *Fédération autonome de l'enseignement* (FAE) group insurance contract

Psychological support and assistance



This free service provides you **comprehensive support**.

Counselling by phone, online or in person*

- Stress or anxiety
- Addictions
- Burnout
- Depression
- Work-related difficulties
- Career changes
- Lifestyle changes
- Relationship or family problems

* This service is a short-term counselling and guidance service. Up to 12 hours of counselling is available per insured, per year for all of the services mentioned.

Confidential assistance 24/7

1 855 874-8558

LaCapitale 

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