

# Sun Life **RightDirections** – your Employee Assistance Program (EAP)



## *Here to help.*

If you need assistance, information or advice with certain aspects of your life and work, your EAP is here to give you the help you need, when you need it.

### **Sun Life RightDirections can help with:**

- Family and social relationships
- Personal problems
- Dependency issues
- Workplace related issues
- Legal and financial advice\*
- Wellness issues
- Crisis

\* Does not include will preparation, employment or workplace issues, criminal or tax law, asset management, retirement planning or accounting services.

## *Helping you find the right direction.*

This service is part of your group benefits plan and is provided by your employer for you and members of your family covered by the benefits plan. There is no charge to you and no claims to submit.

Group Benefits are offered by Sun Life Assurance Company of Canada, a member of the Sun Life Financial group of companies.

GRP1763-E 04-12 jb-an

## *How it works.*

When you call, we will listen, assess your needs and design your personal support plan. Your first follow up session will be arranged within 3 to 5 business days or sooner, depending on the urgency of your issue.

This service is confidential and no personal information will ever be shared with your employer regarding your use of the EAP.

*Professional, confidential assistance is just one phone call away.*

Please call **1-855-544-7722**  
toll-free, confidential, 24/7, 365 days a year.  
[www.solareh.com/sunlife](http://www.solareh.com/sunlife)

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