



UV Health+ Program

EFAP

Employee and Family Assistance Program

In collaboration with

maple

X



Inkblot



Complete range of short-term and long-term support, **fully confidential**, for you and your family.

Sessions offered via **videoconference** or **in-person** consultations

Employee and family services

Total bank of 25 hours of support*
per year per family member

Individual therapy

5h

- Personal Anxiety
- Depression
- Relationship or family problems
- Eating disorders

Couple therapy

5h

- Bereavement
- Separation/divorce
- Communication Coaching

Accompaniment in health

5h

- Dependency
- Sleep management
- Nutrition
- Chronic Disease Management

Professional accompaniment

5h

- Career transition
- Resume writing
- Interview techniques

Individual coaching

5h

- Life Coaching
- Health Coaching

* Additional sessions are available at an hourly rate.

Consultations as needed

Legal support

| Guidance for managing finances



Mental Health

Unique assessment tool

Exclusive matching technology that allows you to select your own therapist according to your needs and preferences.

**Get help, anywhere, anytime
for your personal or professional problems.**

Emergency support available
24 hours a day, 7 days a week

1 855 933-0103

Virtual consultation or in-person

How does it work?



1

Log in
to Maple's platform
and access Inkblot's EFAP.

2

Access Inkblot services
via the quick link
and create your account.

3

Use the consulting services
or contact the emergency line
for immediate support.



Once you have registered, you can
download the mobile application for easy access to services.



**Your well-being
is important!**

Access the services now.
getmaple.ca/uv-insurance