UV INSURANCE | maple

An EAP for you and your family

The Maple Employee Assistance Program (EAP) provides you with confidential counselling, coaching, and wellness support through a Canadian network of licensed clinicians.

With three unique ways to access care, Maple EAP makes it easy for you to quickly find the support that best meets your needs, helping you achieve better health and wellness outcomes :

- Consult a mental health professional
- Receive guidance toward appropriate resources and support
- Complete an assessment to better understand your needs and determine the next steps



Need help?

Maple is always there for you.

Reach their customer care team via chat at **getmaple.ca/contact-us** or call **1-877-315-2276**, 24/7.

[How to access your Maple Assistance Program]

Confidential counselling sessions

Get one-on-one support for anxiety, depression, stress, grief, life transitions, relationship and marital conflicts, and more.

5 hours per case

You can self-book appointments with a clinician by phone, video, text, or in-person. Services are available in both English and French. You can open a new case for each concern, including stress, anxiety, grief, relationship challenges, workplace issues, life transitions, or substance use. You will receive up to 5 sessions per case, with no limit to the number of cases you can open each year.

Life services

Legal consultations: unlimited phone consultations with Canadian lawyers on housing, tax, real estate, custody, estate planning, immigration, and consumer issues, plus one free 30-minute in-depth consultation per issue per year and discounted rates for representation.

Financial consultations: unlimited phone consultations with financial experts on budgeting, debt and credit, tax, loans, financial aid, and retirement.

Family and life services: personalized research and referral for child care, elder care, adoption, education, relocation, and community resources. A customized resource package, including vetted local options tailored to your needs, is typically provided within two business days.

Well-being coaching: one-on-one coaching for nutrition and weight, sleep, tobacco cessation, stress management, and resilience.

Unlimited access to tools that support your well-being

Access on-demand resources, including digital Cognitive Behavioural Therapy (CBT), and consultations on family, legal, and financial matters.

24/7 crisis line

Access dedicated, live-answered crisis support with immediate triage and warm hand-off to the right level of care : 1-877-315-2276. Crisis calls do not count against a case allotment.

An important not about Maple and ComPsych

Your Maple EAP program is delivered in partnership with ComPsych, a trusted provider of well-being and support services. Due to this partnership, some of the resources you explore may reference ComPsych or appear under the name GuidanceRessources® Online.

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