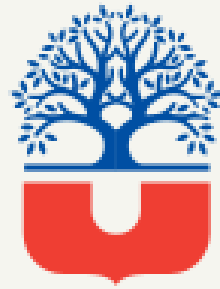


NSTU GROUP INSURANCE TRUST



WE ARE HERE TO SUPPORT YOU

Manulife EFAP

Employee and Family Assistance
Program

www.manulifeEFAP.com
1-877-955-6788
(Contract # 39146)

i-Volve - Online Cognitive Behavioural Therapy (CBT)

A self-paced treatment
program for depression and
anxiety, as well as for
improving communications,
relationships and overall
coping

<https://homeweb.ca/services/5a99891ac96a2540124c202a>
1-877-955-6788
(Contract # 39146)

Stress Solutions

Manulife EFAP
Coaching/Solutions for
members suffering from
Stress

<https://nstuinsurance.ca/wp-content/uploads/Stress-Solutions-Factsheet.pdf?x59329>
1-877-955-6788
(Contract # 39146)

Trauma Care

Manulife EFAP Trauma Care
Up to 20 counselling
sessions

<https://nstuinsurance.ca/wp-content/uploads/Trauma-Care-Information.pdf>
1-877-955-6788
(Contract # 39146)

Counselling

Manulife EFAP Counselling
Services

<https://nstuinsurance.ca/members/active/manulife-efap/>
1-877-955-6788
(Contract # 39146)

Depression Care

Manulife EFAP Counselling
for Depression and/or Anxiety
- up to 20 sessions

<https://nstuinsurance.ca/wp-content/uploads/Depression-Care-NSTU.pdf>
1-877-955-6788
(Contract # 39146)

Self-Care Starter Kit

Manulife EFAP Self-Care
Starter Kit

https://nstuinsurance.ca/wp-content/uploads/HH_NSTU_SELF-CARE-KIT_EN_1119.pdf
1-877-955-6788
(Contract # 39146)

CAREpath Programs

www.carepath.ca
1-844-453-6788

Your Wellness Partner

CAREpath Mental Health
Support

<https://nstuinsurance.ca/members/active/your-wellness-partner/>
1-844-453-6788

HealthCareAssist

CAREpath Physical Illness or
Health Crisis Navigation
Service

<https://nstuinsurance.ca/members/active/healthcareassist-program/>
1-844-453-6788

NSTU Member

Assistance Program

NSTU's Registered Nurse can
provide additional information
on all services available
1-800-565-6788, press 3 or
nurse@nstu.ca

NSTU Counselling Services

Two NSTU counsellors are
available by phone

<https://nstuinsurance.ca/members/active/counselling-services/>
1-800-565-6788, press 3 or
nurse@nstu.ca

NSTU Early

Intervention Program

To help members stay at work,
even while working from home,
or return to work.

<https://nstuinsurance.ca/members/active/early-intervention-program-eip/>
1-800-565-6788, press 3 or
nurse@nstu.ca

Independent Psychological Consultation

Self-referral to NSTU Registered
Nurse required; confidential;
free; appointment within two
weeks of self-referral.

1-800-565-6788, press 3 or
nurse@nstu.ca

Private Counselling

Plan Members have access to
Insurance Coverage for Private
Counselling: Up to 20
psychology sessions per year,
starting August 1st,
(80% coverage up to a max. of
\$140 per session)