



WELLNESS



LIFESTYLE SUPPORT



COUNSELING



FAMILY SUPPORT

Sun Life RightDirections™

# Your Employee Assistance Program (EAP)

Professional, confidential assistance to help you bring your best every day.



Sun Life **RightDirections™**

# Employee Assistance Program (EAP)

Access RightDirections™ services in the way that is best for you:

- **First chat (online chat session)**
- **E-counseling**
- **Online group counseling**
- **Video counseling**
- **My Migo (App)**
- **Face-to-face counseling**
- **Telephone counseling**

\* Access options are available based on the plan selected by your employer.

**Life's brighter under the sun**

Group Benefits are offered by Sun Life Assurance Company of Canada, a member of the Sun Life Financial group of companies. GB103013-E 10-17 ar-an

Contact us for assistance if you need support with:

- **Family and social relationships**
- **Depression, anxiety, stress, dependency issues**
- **Workplace related issues and career planning**
- **Legal and financial advice\***
- **Wellness issues, health and fitness coaching, nutrition support and smoking cessation**
- **Crisis & traumatic events**

\* Does not include employment or workplace issues, criminal law, asset management, or accounting services.

**PLEASE  
CALL**

**1-855-544-7722**

**OR VISIT**

**[www.workhealthlife.com/sunlife](http://www.workhealthlife.com/sunlife)**

**Toll-free, confidential,  
24/7, 365 days a year.**



**CONNECT  
WITH US**

**AND WE'LL DESIGN  
A TAILORED SUPPORT  
SYSTEM TO MEET  
YOUR NEEDS.**