

The University of Manitoba

Employee Assistance Program (EAP)

The University of Manitoba EAP is a voluntary confidential counseling service for all University of Manitoba and University Medical Group (UMG) employees (full-time, part-time and casual) and their immediate families.

EAP counselors will assist you with any personal and work-related concerns that may be affecting your physical or emotional well-being.

These can include concerns such as:

- Personal and Emotional
- Marital/Other Relationship
- Family
- Single Parenting
- Aging Parents
- Stress (including job related)
- Interpersonal Relating
- Vocational and Career
- Alcohol and Drugs
- Gambling
- Referral Assistance fir Financial/Legal Worries

The EAP service is strictly CONFIDENTIAL.

There is no cost to you for using the program.

You can contact the EAP service toll free, 24 hours a day, 7 days a week at:

1 – 800-387-4765