

Q&A ABOUT THE UNION EMPLOYEE ASSISTANCE PROGRAM (EAP)

What is the Union Employee Assistance Program (EAP)?

The Union EAP Program is a program to assist union members with a recent life crisis. It allows for members to be reimbursed for up to 10 lifetime mental health sessions with a counsellor.

Who is eligible for the Union's EAP Program?

Any Local 40 member who works for an Employer that does NOT have their own assistance program, may access the Local 40 EAP Program. If your Employer has their own assistance program, then you must utilize your Employer's program before going to the Local 40 plan.

What if I don't know if my Employer has an assistance program?

Please email updates@local40union.com and we will let you know.

How do I access the Union's EAP Program?

If you would like to take advantage of the Union's EAP program and to see if you qualify, you should send an email to updates@local40union.com with your first and last name and workplace. ALL EMAILS WILL BE CONFIDENTIAL.

Am I eligible to access the EAP Program while I'm laid off?

Yes. As long as you have not utilized the 10 lifetime sessions, you can take advantage of the EAP program while you're laid off.

