

No Cost

No cost to dentists, dental office staff and their families

Confidential

MAP is strictly confidential

24/7/365

MAP is available when you need it most



What does CONFIDENTIALITY mean?

Anything you discuss with a Shepell counsellor will be held in strict confidence within the limits of the law. No identifying messages will be left at your home or office, and no personal information will be given to anyone without your written consent.

How is MAP funded if it is 'no-cost' to the dental community?

MAP services are funded through CDSPI, a not-for-profit organization established in 1959, offering insurance, investment and financial planning services that meet the specific needs of the Canadian dental profession. CDSPI's members are listed below:



SHEPELL

Shepell is the provider of the Members' Assistance Program, with services that support the health, productivity and engagement of Canadian employees and organizations.

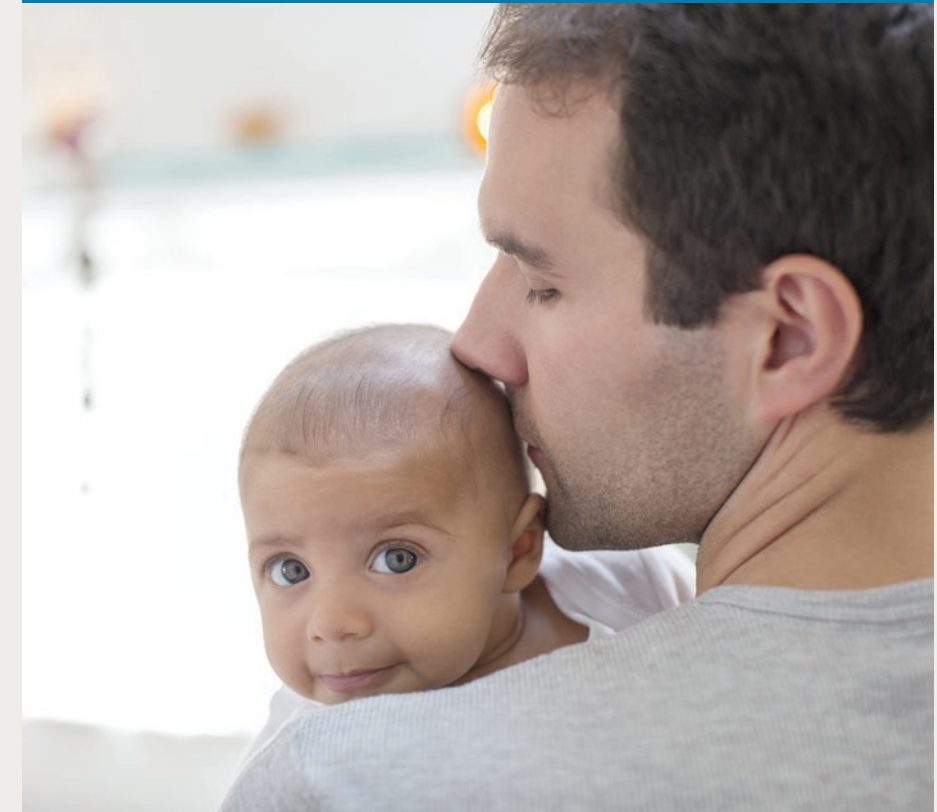


CDSPI

155 Lesmill Road, Toronto, ON M3B 2T8
Phone: 1.800.561.9401
www.cdspi.com

Life Happens. *Let Us Help.*

MEMBERS' ASSISTANCE PROGRAM



Life can get better

MAP (Members' Assistance Program) offers support to help you prevent and manage issues, such as those outlined below, which can affect your physical, emotional and financial well-being.

Get better **HEALTH**

- Nutrition and physical fitness
- Smoking cessation
- Managing stress
- Managing back and musculoskeletal problems

Get better at **WORK**

- Increasing productivity and motivation
- Managing your time efficiently
- Managing life/career changes

Get better at **RELATIONSHIPS**

- Developing effective relationships
- Improving parenting skills

Get better **RESOURCES**

- Location of reputable childcare facilities in your area
- Information on caring for older family members
- Information on separation and divorce
- Information to address legal issues
- Information to address financial difficulties

Work/Health/Life

- Nutrition
- Naturopathy
- Health Coaching
- Family Issues (Child and Elder care)



Professional Advice

- Legal
- Financial
- Career

Clinical Counselling

- Relationships
- Stress
- Anxiety
- Depression
- Substance abuse
- Addiction
- Crisis

How MAP works



ON THE PHONE Call 1.844.578.4040



Your call will be answered by a Client Care Representative who will ask you questions in order to find you the right help.

You are put in touch with an appropriate professional in your area* for short-term assistance in a way that suits your lifestyle: face-to-face, online or over the phone.

ONLINE



Visit workhealthlife.com and register

Use the employer name "CDSPI" when you register. You can read helpful articles; learn more about your MAP services; and use "First Chat" to immediately connect with a counsellor who will help you find the right support.

IN THE APP MY EAP



Download the **app** to your smart phone

You can use "Chat Now" to contact a counsellor or make an appointment for services that you need.



When there's a crisis - speak immediately with a counsellor.

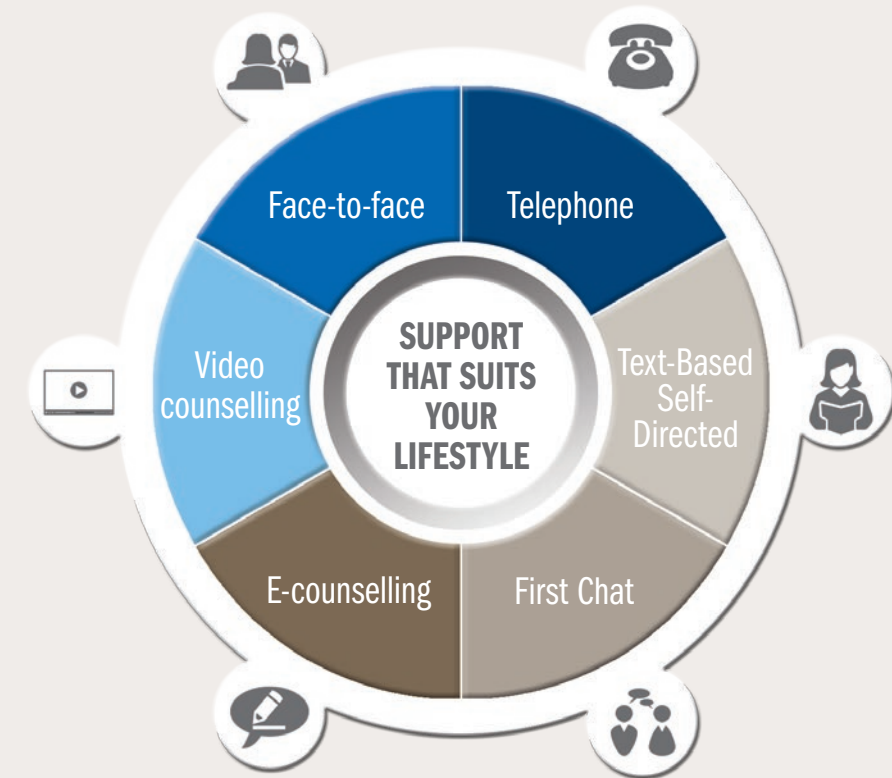
Call 1.844.578.4040

- Handling personal problems
- Dealing with substance abuse and addiction
- Coping with loss

** Available services vary by region.*

MAP provides help *your way*

MAP provides confidential short-term clinical counselling support, professional guidance, resources and referrals for dentists, dental office staff and immediate family members. These services are provided by Shepell, the largest Canadian-based provider of Employee and Family Assistance Programs.



For more specialized or longer-term care, MAP can suggest an appropriate specialist or service to meet your needs. While MAP provides a wide range of support, some areas will not be addressed; for example, immigration law, financial investment advice, medical tests and medical treatment compliance. Call MAP for more information at 1.844.578.4040.