

UNION/EMPLOYEE GROUP
CONTACTS

GVTA

Email: info@gvta.net

Phone: 250.595.0181

Website: www.gvta.net

BCTF Health & Wellness Program

www.bctf.ca

CUPE 382

Email: cupe382@shaw.ca

Phone: 250.384.0276

Website: www.cupe382.ca

CUPE 947

Email: cupe947@telus.net

Phone: 250.384.1833

Website: www.947.cupe.ca

Support Staff Joint Early Intervention
Service & Long Term Disability Program

www.pebt.ca

ASA & VPVPA

Please contact your Association President

HR CONTACTS

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Occupational Health & Safety

Advisor, HR Services

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250.920.3464

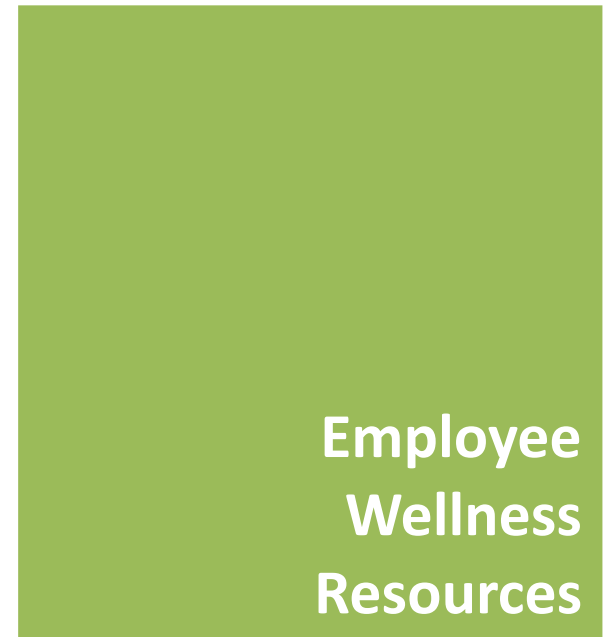
Courtney Askew

HR Advisor

Wellness & Attendance Support

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250.475.4163



**Employee
Wellness
Resources**

Morneau Shepell

Morneau Shepell is our Employee and Family Assistance Program (EFAP) provider and available 24/7 to all employees and their families. Morneau Shepell offers a wide variety of counselling services that are completely confidential and free of charge. A short description of the services they offer is listed below:

Professional Counselling

At the heart of Morneau Shepell is our professional counselling service. Our caring professionals are dedicated to supporting you through the issues that may be impacting your life. Our counselling services are delivered in a number of ways to make it as easy as possible for you to connect with us to help resolve your issue. During your first call, we'll discuss learning preferences, work schedules and other lifestyle issues in order to create a plan of action that will work best for you.

Online Access

Eligible employees and their dependants can access the program online for confidential services, information and assistance. Our site provides an overview of services that may be available to you. Online access is available to support you through a variety of life experiences, including counselling solutions, parenting questions, healthy living, legal and financial concerns.

1.844.880.9137

<https://www.workhealthlife.com/>

Mental Health & Addictions Resources

Vancouver Island Health Authority Mental Health & Addictions Services

www.viha.ca/mhas
250.370.8175

Canadian Mental Health Association

www.victoria.cmha.bc.ca
250.216.4228

Island Community Mental Health

www.islandcommunitymentalhealth.ca
250.389.1211

The Umbrella Society for Addictions & Mental Health

www.umbrellasociety.ca
250.380.0595

Vancouver Island Crisis and Information Line

www.vicrisis.ca
1.888.494.3888

Family Support Resources

Island Family Counselling
www.islandfamilycounselling.com
250.598.0544

Family Services of Greater Victoria
www.fsgv.org
250.386.4301

Victoria Youth Society
www.victoriayouthclinic.ca
250.383.3552

**Pacific Centre Family Services
Association**
www.pacificcentrefamilyservices.org
250.478.8357

Phoenix Human Services Association
www.phoenixhumanservices.org
250.383.4821

**Greater Victoria Eldercare
Foundation**
www.gvef.org
250.370.5664