

# Be well, Manitoba.

As a **front-line worker**, you continually prioritize the health and well-being of all Manitobans.

So let us make your health and well-being our priority.



Manitoba Blue Cross's **Employee Assistance Program** is dedicated to supporting you and your family during this difficult time. Our team is alert to the strain and stress that front-line workers are facing during this pandemic. **We are here to help.**

To access support through your **Employee Assistance Program**, book an appointment or find out more about our services, visit [mb.bluecross.ca](https://mb.bluecross.ca) or call:

**204.786.8880 | 1.800.590.5553 (toll free) | 204.775.0586 (TTY)**

John Smith  
123 Street

MANITOBA  
**BLUE CROSS**®  
THE COLOUR OF CARING®



\*Trademark of the CABCP + Trademark of the BCBSA

## COUNSELLING SERVICE OPTIONS

We're adapting to our ever-changing situation by ensuring a variety of service mediums are available for counselling, including phone, online video, email and text-based options. Availability of in-person services is dependent on public health guidelines.



## ADDITIONAL SUPPORTS DURING COVID-19



### CONNECT NOW

Connect Now is our clinical, personal and immediate support line where you or your family members can call to connect instantly with a professional counsellor from our program. Calls to Connect Now are not deducted from (or counted towards) the sessions covered under your benefit plan.



### COUNSELLOR CONNECT

Through Counsellor Connect, you can complete your intake online and use the tool to request your first appointment with a counsellor. To access this online feature, visit [mb.bluecross.ca](https://mb.bluecross.ca) and select the [Counsellor Connect](#) option under [Mental Health & Wellness](#).



### COMMITMENT TO FLEXIBILITY

Coping in this unique environment takes flexibility. We want to ensure your family's needs are met by being flexible and understanding in our service delivery. Contact our intake lines directly to learn how we can help.

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