

# CONNECT NOW

## Talk to a professional during COVID-19

Sometimes when you need to talk, you need to talk *now*.

Along with many other stresses, COVID-19 has left many of us feeling disconnected. That is why we launched **Connect Now**, our clinical, personal and immediate support line where members can call to connect instantly with a professional counsellor from our Employee Assistance Program (EAP).

With everything that is going on, we want to ensure you and your loved ones can access support when you most need it.

Through Connect Now, you can access immediate support from a mental health professional, without needing to commit to on-going counselling sessions.



### Who can use Connect Now?

Connect Now is available to individuals and eligible family members who have EAP coverage with Manitoba Blue Cross. Calls to **Connect Now** do not count as EAP sessions under your benefit plan – you can still utilize the remaining sessions available in your plan.



### Can I call more than once? What is the nature of these phone calls?

Yes. You can certainly call more than once, however, **Connect Now** is meant to provide immediate support that is brief in nature and intended for those who may not be able to participate in on-going counselling at this time. If there is a need for regular contact, you can discuss options with your **Connect Now** counsellor and we can help you find a plan that fits your needs. If you know you'd like to start ongoing counselling, you can also call us directly to initiate the intake process.



### Do I have to talk about COVID-19?

No. While we launched this temporary service to help alleviate some of the pressures that have risen during the current pandemic, in no way do we want to limit conversations to COVID-19 concerns specifically.

Access immediate support from a counsellor in our EAP network through Connect Now.

#### To access Connect Now, call us directly:

- **204.786.8880**
- **1.800.590.5553** (toll free)