



Get help early

It's easier to tackle problems before they get bigger.

It's never too early to reach out.

Access counselling and other wellness tools through your Employee Assistance coverage.

Find resources to support your health and well-being and book a counselling appointment at

wellness.mb.bluecross.ca.

Access your
Employee Assistance
Program today.

**Manitoba Blue Cross
Employee Assistance Centre**

599 Empress Street
P: 204.786.8880
TF: 1.800.590.5553
mb.bluecross.ca

For the Deaf, hard-of-hearing and speech-impaired community, our EA centre can receive VRS calls.



©The Blue Cross symbol and name are registered marks of the Canadian Association of Blue Cross Plans, independently licensed by Manitoba Blue Cross. †Blue Shield is a registered trade-mark of the Blue Cross Blue Shield Association. 2023-1205

be resilient.