Your Employee Assistance Program is a support service that can help you take the first step toward change.

My EAP Mobile Device Application

Get the help you need on your mobile device, anytime and anywhere.

Gain immediate, confidential, and secure access to your Employee Assistance Program (EAP) on your mobile device. This award-winning app from the world's largest EAP provider is free to download worldwide and provides in-app EAP support tools along with access to general health and wellness information.

Confidential EAP support anytime, anywhere

- Text message with a counselor
- Call our Care Access Centre for support worldwide with one touch
- Assess your stress level, health of your relationship, and financial wellness
- Connect with your EAP online tools
- Insightful articles and videos
- Available in English, French, and Spanish
- Use same login credentials as our EAP website, workhealthlife.com/us

What's new

- Select country of residence functionality added to ensure users interact with the app experience built for their country

Free download and available worldwide, simply visit your device app store or scan QR code now.

My EAP user feedback

"Useful resource - articles, videos, and quizzes. Able to initiate access to clinical support quickly."
"Great material to read during my train commute – gives me a positive kick start to my day."
"Thank you, I needed support immediately and [First Chat] was there, thanks."
"It's like having a friend, a lawyer, a counselor, and various health tools with you at all times."

If you are in a crisis situation or at risk of harm to yourself or others, the Care Access Centre is available 24/7 for immediate and confidential assistance.

Device and system requirements to run My EAP include Apple iPhone, iPod Touch, iPad device software OS4.3 or higher, or Android device software OS3 or higher. A QR code scanner or reader may be required. Refer to **My EAP FAQs** for additional detailed software and phone requirements. Depending on worldwide location, regional restrictions and device version some services, features and functionality may not be available.

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CANADIAN AWARD FOR TRAINING EXCELLENCE
2013
COA
INNOVATIVE PRACTICES AWARD
2013


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