



## Resilience®

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Resilience® is an Employee and Family Assistance Program for active NSTU members who have a permanent, probationary or term contract. Through Resilience® you can reach a team of experienced counsellors from Homewood Human Solutions™ who will listen to the issue, offer sound advice and help you create an action plan to address issues.

There are no additional out-of-pocket expenses for you or an eligible family member to use this service. The program is a funded benefit provided by the NSTU Group Insurance Trust Fund.

Resilience® offers counselling services, plan smart and career smart services. The counselling services provides support and understanding and teaches ways to effectively manage issues with stress, marital/family issues, retirement planning, bereavement, psychological problems etc.

The Plan and Career Smart Services is designed to allow you to take a proactive approach to life's transition and challenges. Some of the services include childcare and parenting caregiver support, legal, financial, career counselling, online courses, 12 weeks to wellness, nutritional support, etc.

There are also depression care services that provide assistance for individuals suffering from certain types of depression.

The services are available to all members, their spouses and dependents 24 hours, seven days a week. Please call 1-877-955-NSTU (6788).

Resilience® works in conjunction with Manulife's Health eLinks, an online resource of healthcare related material. With Health eLinks, you can take part in an interactive health risk assessment, and a comprehensive library of medical information written by medical experts and even create a personal health improvement program.

You can access Health eLinks at [myresilience.com](http://myresilience.com).

Brochures have been circulated by NSTU representatives and you can refer to additional information on accessing those beneficial services through the brochure. It is recommended you keep the information in a familiar place for future reference.

If you have any questions, please contact the NSTU Group Insurance Trustee for your region or Joan Ling at [jling@staff.nstu.ca](mailto:jling@staff.nstu.ca).

## RESILIENCE PROGRAM

(Manulife / Homewood Human Solutions)

- ✓ Counselling Services (Stress, Family issues, bereavement, etc.)
- ✓ Plan and Career Smart Services (Childcare, legal, financial, etc.)
- ✓ Healthy eLinks (online resource of healthcare)

24 hours, 7 days a week / 365 days per year

1-877-955-NSTU (6788)

[myresilience.com](http://myresilience.com)\*

*\*refer to brochure for access*