

JUST A

# Phone Call Away...

Sometimes personal and work-related issues can affect you and how you perform your job.

Your company's Acumin® Business Assistance Program is designed to provide you with support and guidance when you need it most.

Arete® Human Resources Inc. has been retained by your organization's group insurance provider, to help you deal with the stresses and challenges you face.

As this service is covered under your employer's benefits package, there are no out-of-pocket costs to you and no claim forms to submit.

Simply call the toll-free number listed on the back of this card to reach Arete Human Resources. A specialist will ask some questions to identify how best to help you. Contact with a professional counsellor then is arranged for up to 12 hours of private face-to-face or telephone counselling.

Confidentiality is assured, and the details of your counselling session are never shared with your employer.



## For assistance with:

- Marital & family challenges
  - Work-related difficulties
  - Personal problems
  - Dependency concerns
  - Eldercare issues
  - Bereavement counselling
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Confidential, solution-  
focused support

Contact us  
toll free:

**1-877-922-8646**

Have your group insurance & certificate  
numbers handy when you call:

GROUP INSURANCE #:

CERTIFICATE #: