

# Chambers Plan Business Assistance Service Referral for Employees

If you are having trouble resolving a work, life or health problem, talking with a professional could give you the support needed during times of personal challenge.

The Chambers Plan Business Assistance Service Referral for Employees can help you to deal with situations in these four areas that could affect your well-being:

- **Work-related problems**
- **Dependency problems**
- **Marital and family problems**
- **Personal problems**

Give us a call and let us help you resolve your concerns and get you feeling like your old self again.

## HOW DOES IT WORK?

The Chambers Plan has retained Arete® Human Resources Inc. as the independent service provider for all Business Assistance Services. To access the **Confidential Employee Assistance Referral**, please call Arete's toll-free number and a representative will assist you in connecting with a counsellor for your specific need.

This referral service includes up to **3** hours of face-to-face counselling for the employee with a trained professional per calendar year. In addition to helping you address *work-related, marital and family, personal* and *dependency* problems, a *survivor bereavement benefit* provides up to **3** hours of counselling for your dependents after your death.

## IS THE SERVICE CONFIDENTIAL?

Arete® manages a national network of professionals, ready to assist you in a respectful, confidential manner. Their counsellors all belong to accredited associations and abide by Canada's *Access to Information Act, Privacy Act*, and provincial laws and codes of ethics governing their professions. Arete® knows the success of any assistance program is complete confidentiality and will never disclose information without expressed written consent.



## NEED HELP?

Contact us toll free at:  
**1.877.922.8646**

Please have your Firm number

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and Certificate number

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handy when you call. You will incur **no out-of-pocket expenses** when accessing these services, nor are you required to submit any claim forms.



Chambers of Commerce  
Group Insurance Plan®

