



We've Got Your Back

MEMBERS' ASSISTANCE PROGRAM

A Confidential Counselling, Referral and Information Service

For Support — Contact the Members' Assistance Program

By phone:

1-800-268-5211

For the hearing impaired:

TTY: 1-800-363-6270

Online:

www.workhealthlife.com

(When prompted at this website, enter "CDSPI" as your organization's name.)

Shepell·fgi

Shepell·fgi offers clients an ideal combination of the best in research-based information, the best in emotional and physical health services and the best in illness and accident prevention and education. Shepell·fgi helps clients solve problems before they become personally or professionally costly.

The operator of the Members' Assistance Program, Shepell·fgi provides health and productivity solutions to employees and employers in Canada, the U.S. and globally.



CDSPI

CDSPI, a non-profit organization established in 1959, administers insurance, investment and affinity service programs meeting the specific needs of the Canadian dental profession.

CDSPI's members are the Canadian Dental Association and nine provincial dental associations.

155 Lesmill Road, Toronto, ON, M3B 2T8

Phone: 1-800-561-9401

www.cdspi.com



We've Got Your Back



Back and musculoskeletal problems are among the leading causes of disability for dentists. Fortunately, the **Members' Assistance Program (MAP)** offers support to help you prevent and manage this issue — and many others which can affect your physical, emotional and financial well-being.

A CDSPI Affinity Service, MAP is a confidential counselling, referral and information service available at no cost to dentists, dental office staff and their families. You can call MAP for expert assistance if you're dealing with challenges such as a mental health, addiction or financial problem — or if you need advice on physical fitness, parenting or how to efficiently manage your time.

MAP is Strictly Confidential

The Members' Assistance Program is designed to provide you with support in a caring and private environment. Although MAP is a CDSPI Affinity Service, it is operated by a separate organization — Shepell-fgi. Anything you discuss with a Shepell-fgi counsellor will be held in strict confidence. No identifying messages will be left at your home or office and no personal information will be given to anyone without your written consent.

Access Helpful Information On-line

Through the Shepell-fgi Member's website (www.workhealthlife.com), you can access a wide range of useful information. For example, the E-Counselling service provides you with the option to correspond with a counsellor online, through a secure channel. The site also contains helpful articles on a wide range of topics, such as divorce, nutrition, managing workload and coping with the loss of a loved one.

Focused on Helping You

To take advantage of the Members' Assistance Program, phone 1-800-268-5211. Your call will be answered by an intake counsellor who will ask you some questions — and perform an assessment in order to find you the right help. This process will ensure that you are put in touch with an appropriate professional in your area* for short-term assistance — whether it's face-to-face, over the Internet or on the phone. In a crisis situation, you are able to speak immediately with a clinician.

Counselling and advice are provided by a network of experienced professionals from across the country — including social workers, addiction counsellors, financial advisors and lawyers. Assistance is available for a wide range of issues, such as:

- Managing stress
- Dealing with substance abuse
- Increasing productivity and motivation
- Developing effective relationships
- Improving parenting skills
- Overcoming loss
- Handling personal problems
- Addressing financial difficulties
- Accessing legal information
- Coping with disability



Alternatively, if you're looking for information rather than counselling, the intake counsellor can assist you in many different areas. For example, he or she can help you locate a reputable childcare facility in your area and provide information on caring for older family members.

* Available services vary by region.