



Trades NL Members' Trust

MEMBER ADDICTION AND REHABILITATION PROGRAM MEMBER AND FAMILY ASSISTANCE PROGRAM

24/7 ACCESS BY PHONE, WEB OR MOBILE APP

Support for issues including:

- ***Stress***
- ***Depression***
- ***Anxiety***
- ***Drug / Alcohol / Gambling Addiction***
- ***Couple / Relationship Counselling***
- ***Smoking Cessation***
- ***And more...***

How to access counselling:

Face-to-Face - Telephone - Video Counselling E-
Counselling (Email) - First Chat (online chat)
Online Programs (self-directed)
Text-based Resource Packages

**Confidential Addiction, Rehabilitation and MFAP:
1-866-448-9444 workhealthlife.com**



Trades NL Members Trust Plan Administrator
Corey Parsons
Email: memberstrust@tradesnl.com
1-709-726-4560 ext. 202 / 1-709-832-5116