



Inkblot

by GreenShield* | par GreenShield*

Accessing care is easy

Your Employee Assistance Program (EAP) provided by Inkblot provides professional, confidential support services including short and long term counselling, programs and resources to help you and your immediate family members deal with work, health and life issues.

The EAP is completely confidential within the limits of the law and no one at your workplace will know you have used the service.



Counselling Services

Social Workers, Psychotherapists and Registered Clinical Counsellors with a minimum masters-level education

An average of 12 years clinical experience with expertise in all areas of mental health and wellbeing

Over 30 languages/culturally diverse



- Stress
- Depression
- Anxiety
- Loneliness
- Grief/bereavement
- Couple/marital
- Family Conflict
- Work life balance
- Addiction
- Violence/abuse

Finding the right Counsellor

- Our personalized questionnaire matches individuals with qualified therapists based on their unique mental health concerns and personal preference
- Our flexible proprietary matching algorithm takes over 50 factors into consideration to create a personalized shortlist
- Employees choose their counsellor and book sessions directly online



She/Her

Excellent Match

Eleanor Abala

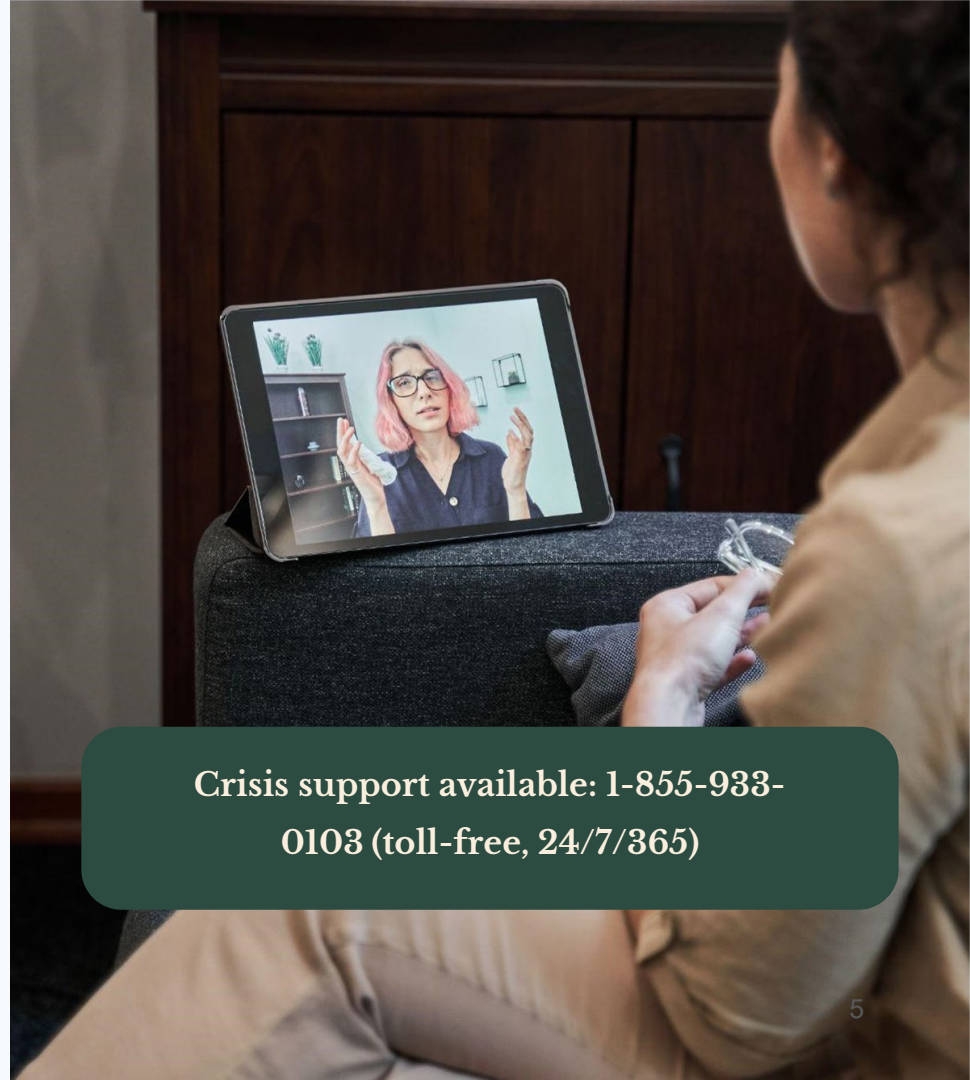
Next Availability: Oct 14, 9:30 AM

Language	English
Identifies as	Black - North American, Woman
Approaches to care	Mindfulness and emotional acceptance Behavioural and exposure strategies Feminist-informed
Designations	Registered Social Worker
Qualifications	Bachelor of Arts Master of Social Work



Counselling Sessions

- Your first individual consultation with your selected counsellor is free!
- You have access to
 - 5 hours of individual counselling
 - 5 hours of couples counselling
 - Up to 5 hours in each category of advisory services
- Direct billing is available through your GSC benefits
- Support can be accessed virtually, in person, and telephonically.
- Private messaging between sessions



Crisis support available: 1-855-933-0103 (toll-free, 24/7/365)

Inkblot Work and Life Support

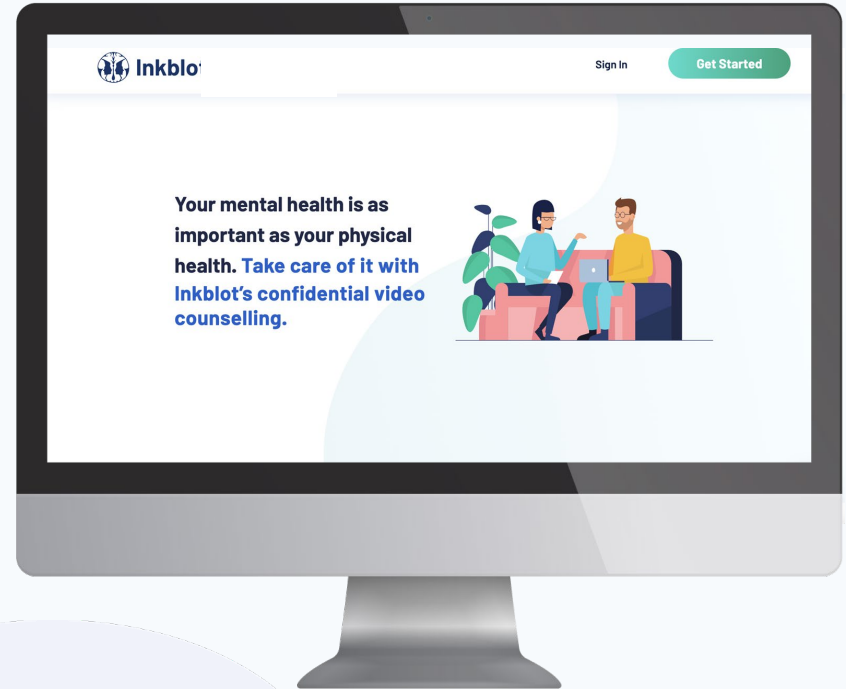
- **Legal** – Real estate, divorce, custody and child support, wills and estate planning, family matters
- **Financial** – Credit management, budgeting, financial management, investing, retirement planning
- **Health Coaching** – Smoking cessation, eating well models/nutrition, illness/disease management, weight management
- **Life Transitions** – Marriage, planning a family, parenting skills, childcare, eldercare, support for teens, adjusting to the workplace, arrival of a new baby
- **Career** – Career management, career transitions, interview preparation

Accessing Your Program

<https://org.inkblottherapy.com/gsc-eap>

- Your company HR advisor
- Live support in English & French
- Email support@inkblottherapy.com

Service can be accessed via phone, email, and web-based chat with a live agent Monday through Sunday from 8 am – 11 pm (EST) including statutory holidays



Confidentiality

- Your participation as well as anything you discuss is confidential and not shared with anyone without your written, legal consent
- Exceptions only when there is imminent risk to self or others, harm/neglect of children or subpoenaed by law





Security

- Inkblot is fully PIPEDA, PHIPA & FIPPA compliant with SOC-2 Type 2 audited country-based servers
- Detailed practices to protect personal health information
- Automated consent for collection, use and disclosure of records

Mobile

- From the Android or iOS app store, download the Inkblot app.
- Sign in with your email address or employee ID
- Book appointments through the app
- Secure video counselling with your counsellor directly on your mobile device
- Secure messaging and file sharing with your counsellor

