

**UNIVERSITY OF NEW BRUNSWICK**  
**EMPLOYEE and FAMILY ASSISTANCE PROGRAM - inConfidence**

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Your **inConfidence** Employee and Family Assistance Program is a voluntary, confidential counselling and referral service for you and your immediate family members (spouse and dependents as defined in your benefit plan). The program is designed to help you resolve personal or work-related problems and pressures before they lead to more serious difficulties.

Shepell-fgi's professional counsellors expertly address a full range of personal, work-related and behavioural health concerns presented by you or your family member. You can:

- achieve personal well-being
- manage relationships and family
- get legal clarity
- get financial clarity
- research child and elder care resources
- address workplace challenges
- tackle addictions
- understand nutrition
- get healthcare advice

### **ELIGIBILITY FOR COVERAGE**

Coverage is available to all Continuing Full-Time, Continuing Part-Time, and Continuing Term employees of UNB and their immediate family dependents.

#### Continuing Full-Time

An employee who works 29 or more hours each week and whose appointment is expected to last at least 12 months.

#### Continuing Part-Time

An employee who works 13 or more hours each week and whose appointment is expected to last at least 12 months.

#### Continuing Term Appointment

A full-time employee with a term appointment of eight months or more.

### **FAMILY COVERAGE**

Coverage is provided for the employee and the employee's eligible dependents.

### **BENEFIT**

The Employee and Family Assistance Program is paid in total by UNB. Services are provided in the strictest of confidence and on a self-referral basis.

### **SERVICE PROVIDER**

Effective December 1, 2009, services will be accessed through the **inConfidence** Program with Shepell-fgi. They can be reached by phone at **1-866-347-2067** or on-line at **www.inconfidence.ca**.

### **CONFIDENTIALITY**

The **inConfidence** service providers are required by law to maintain the strictest confidentiality. No one who inquires about or receives services under this plan will be identified without their approval.

### **TO ACCESS THE PROGRAM**

You or your dependents can call Shepell-fgi, 24/7 at **1-866-347-2067**.

### **SHEPELL-FGI CONTACT NUMBERS**

To speak with someone confidentially, call **1-866-347-2067**.

TTY Service is available at **1-877-338-0275**.

On-line at **www.inconfidence.ca**

