"EXTERNAL EMPLOYEE ASSISTANCE PROGRAM THAT WILL HELP YOU REGAIN CONTROL OF YOUR WELL BEING."

1 in 5 adults experiences a mental health condition every year. 1 in 20 lives with a serious mental illness such as schizophrenia or bipolar disorder. In addition to the person directly affected by a mental illness, the family, friends and communities are also affected.

Mental illness results from complex interactions between the mind, body and environment. Factors which can contribute to mental illness are:

- long-term and acute stress
- biological factors such as genetics, chemistry and hormones
- use of alcohol, drugs and other substances
- cognitive patterns such as constant negative thoughts and low self esteem
- social factors such as isolation, financial problems, family breakdown or violence

These factors can be minimized by a strong and supportive community environment.


SOME OF THE MAJOR TYPES OF MENTAL ILLNESS:

* ANXIETY DISORDER
* BIPOLAR DISORDER
* BORDERLINE PERSONALITY DISORDER
* DEPRESSION
* DISASSOCIATE DISORDER
* EATING DISORDER
* GAMBLING
* OBSESSIVE-COMPULSIVE DISORDER
* POSTTRAUMATIC STRESS DISORDER
* SCHIZOAFFECTIVE DISORDER & SCHIZOPHRENIA
* Related Conditions

Our goal will be to give
Referrals to Hospitals,
Programs & Individual
Qualified Health
Practitioners

(Personalize Approach)
We will be there every
step of the way

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