

What's happening in your life?

When you face challenges, ICAS International can help. Caring professionals are available 24/7/365 to help you address concerns both big and small.

Call or visit us online to receive expert assistance with:

Relationships

- I want to get along better with my significant other.
- How do I handle a difficult co-worker?
- My child acts out and I don't know what to do.



Wellbeing

- I want to start an exercise routine.
- How can I start eating better?
- It's time to quit smoking.

Emotional Distress

- Sometimes I feel sad and I'm not sure why.
- I worry more than I'd like.

Legal

- My identity has been stolen.
- I'm in a custody dispute.
- How do I set up a power of attorney for an elderly parent?

Stress

- What are some relaxation techniques?
- My schedule is always overloaded. Help!



Substance Use

- I worry that I might be drinking too much.
- What do I do if my child is on drugs?

Finances

- I want to buy a house. How much do I need to get started?
- What can I do about my debt problems?



Life



Work



Family



Wellbeing

Child and Elder Care

- I need good child care that fits my schedule.
- I am considering adopting a child. Where do I start?
- My aging parents live far away. What resources are available to help them?



Services are...

Free

- There is no charge for services provided by ICAS International. You will be advised of costs if you are referred to outside resources.
- ICAS International offers **6** free EAP counselling sessions per calendar year

Confidential

- The service is provided by ICAS International, a leading global provider of corporate wellness services. Any information you share is confidential, except when your safety or the safety of another individual is at risk.

Available 24/7/365

- Call toll-free **1 800 764 2213**. For out-of-country, please call **+1 647 258 5435**. A consultant will answer your call and ask you a few questions in order to get a better understanding of the kind of support you need. Thereafter, you will be transferred to the appropriate professional. You don't need to give your name, but you'll need to say what company you work for.
- Access our website: <https://app.icas.health/>
Your company code: NORTHEASTERNUNIVERSITY

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