

Teen/Parent HOTLINE

As part of the Employee Assistance Program, employees and their family members can access a telephone hotline for teens and parents of teens.

The hotline provides confidential, free, quick counselling and resource information. Your telephone call is answered by experienced professional staff. Face to face follow-up counselling is also available.

THE TEEN/PARENT
HOTLINE IS AVAILABLE
24 HOURS A DAY...

FOR TEENS

- to talk about problems you may be having with friends, school or family relationships
- to answer questions about dating, drugs or alcohol
- if you are in crisis, or
- if you just want someone to listen.

AND FOR PARENTS...

- to discuss worries about peer pressure, teen depression, drug or alcohol use, problems with the law, and more.

CALL 1-888-211-4330