

LIVING BETTER: NURTURE YOURSELF



We can help you achieve your emotional and practical wellbeing.

Talk to an expert about

- Improving relationships
- Managing life changes
- Improving self-esteem and confidence
- Achieving work-life harmony

Request information about

- Childcare needs
- Caring for an elder
- School success
- Finding a gym

And many other topics. Just reach out. We can help!

Support is available 24 hours a day, 7 days a week.

Access is easy and confidential.

No matter when, no matter where, you have free, confidential support via multiple channels.



Toll Free
833 354 2425
Magna Dedicated Toll Free Line



WhatsApp
+1 984 920 6875 Message only



Direct Line
+1 984 810 5304
Magna Dedicated Direct Dial Line



Website
<https://global.helpwhereyouare.com>
Company Code: Magna



Book an Appointment
Log on to your member website to schedule an appointment.

Employee Family Assistance Program

Support is provided by Workplace Options, staffed by professionals who are completely independent of your organization. They are bound by professional standards regarding confidentiality, and do not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your organization.