



EMPLOYEE FAMILY ASSISTANCE PROGRAM (EFAP)

- Confidential, professional support 24/7 available to employees and their immediate family
- Counselling and work-life services (health coaching, financial and family support, and more)
- **Union (HumanaCare) – Access Code: CIBPEAP**
Website: humanacare.com/humanalife/ | **Phone:** 1.800.661.8193 (24/7)
→ Upon request state your plan as *The Construction Industry Benefits Plan*
- **Non-Union (LifeWorks) – User: canadalive | Pass: lifeworks**
Website: www.login.lifeworks.com | **Phone:** 1-866-289-6749
→ Upon calling, please specify if you are with *Murphy Group Canada or Surerus Construction and Development Ltd*



HumanaCare



LifeWorks



211 SUPPORT

- A free referral service connecting those in need to health, human, and social service organizations across Canada
- Confidential 24/7 service by phone, text, chat, and web. | **Phone:** 2-1-1



CENERA

- Discuss any concerns or complaints related to workplace harassment
- Confidential 24-hour helpline, accessible by phone or email
- **Confidential Reporting Line:** 1-587-391-7764 | **Email:** SMJVSsupport@cenera.ca



FEEDBACK CARDS

- Your voice for anything happening in the business; share your bright ideas and challenges
- Every card is read and actioned



HEADVERSITY APP

- A personalized and anonymous resilience training tool designed to help you think, feel, and be better in all areas of your life
- Download the free app from the App Store or Google Play | **Code:** SRMR77



HEALTH AND WELLNESS MS TEAM CHANNEL

- Join the conversation! Educational and interesting posts. Connect with SMJV's Wellness Advisor
- Not a member of the channel? Email wellness@surerus-murphy.com to request access



LIVINGWORKS SUICIDE PREVENTION

- LivingWorks Start Suicide Prevention Training – online interactive training in life-saving suicide prevention skills and warning sign recognition
- Available through WorkHub, access your LivingWorks personal connect portal for your trainings and resources
- **Phone:** 1-833-456-4566 (Canada Suicide Prevention Services)



SUPPORT RESOURCES

ALBERTA



BRITISH COLUMBIA



SASKATCHEWAN



INDIGENOUS PEOPLES

