

Your Employee & Family Assistance Program

Free and confidential help | Contact FSEAP 24/7

Caring, professional assistance for personal, family, or work-related concerns

613.549.5561 | 1.888.409.4499

We can help you:

- Manage emotional well-being
- Enhance relationships
- Succeed at work
- Overcome addictions
- Explore child and elder care resources
- Address legal concerns
- Manage personal finances
- Improve physical well-being

Log In Information:

Username: fseapkingston

Password: myfseap



fseap Now we're
talking.