



LIFELINE
FOUNDATION

Need to talk? We're here to Help.

The continuation of the global pandemic and continued restrictions have left people feeling physically, emotionally and mentally exhausted. Everyone goes through difficult periods, but you don't have to go through it alone.

Lifeline provides confidential information, referral and support services to United Steelworkers members AND their families.

DO YOU NEED HELP WITH:

Depression, stress, anxiety and other mental health issues

Marital, family and other relationship issues

Alcohol, drug and other addictions

Financial or legal difficulties

Grief Counselling and Support

Other concerns

CONTACT LIFELINE

1-877-801-7762 or life_line@bellnet.ca

Monday to Friday

How Does it Work?

Lifeline is a confidential program. When you contact Lifeline, the coordinator will assist you in clarifying your issue and then refer you to community-based services that will be most effective in helping you with the difficulty you are experiencing.

What Does it Cost?

There is no cost to you for contacting Lifeline. While the referral service is free, some of the services that you are referred to charge user fees. User fees are based on your ability to pay. However, there are many services that are either free, are low-cost or may be covered by your benefits. Your Lifeline Coordinator will make every effort to connect you with services that are best suited to your economic situation.

What About My Privacy?

Your right and your family's right to privacy are protected at all times in the Lifeline program. The service operates outside of your workplace in order to protect your privacy. If you use the service on your own initiative no one will ever know that you used Lifeline unless you tell them.

Personal difficulties may sometimes cause workers to require time away from work to resolve a problem. *With your consent*, your Lifeline coordinator can act as a liaison between the community agency and your workplace should you require such leave. You have the right to withdraw such consent anytime.

You're Not Alone. Contact Lifeline Today.

