



Alberta Union Of Provincial Employees Crisis Support Service for AUPE Members and their Families

Helping AUPE members and their families
through crisis...**anytime, anywhere**

AUPE members do stressful jobs, and sometimes, things happen at work and in our lives that can put our members and their families into crisis situations. Now, there is free, confidential help available.

If you are experiencing intense anxiety or vulnerability, call AUPE's Crisis Support Service at 1-844-744-7026. After an initial assessment to ensure that your situation is a crisis, you will receive up to six free counselling sessions. The service is provided by Morneau Shepell, a mental health counselling organization, and is completely free and confidential to AUPE members and their families (spouses and children). Crisis support is available 24 hours a day, seven days a week, 365 days a year. Financial Counselling also available to AUPE members and their families.

If something happens and you need help dealing with it, ask. Our Crisis Support Service is there for you.

If you are in need of crisis support please call
1-844-744-7026

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Expert in human capital

**MORNEAU
SHEPELL** 

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