

Helping Your Business During a Community Crisis



Many communities and business owners continue to grapple with displacement and destruction related to wildfires throughout the country. We want you to know that we're here for you and to remind you, your Plan includes **Business Assistance Service**, delivered by Arete, which gives business owners access to:

Critical Incident Stress Debriefing

Group intervention that provides support to your team following a distressing event

Employee referral

Confidential counselling and support to help with employees who are struggling with personal or work-related challenges affecting their well-being

Telephone guidance

Human resources, legal and financial experts who understand the challenges you face

Healthy Business Bookmark (HBB)

A carefully curated online library of business information and resources (sample forms, how-to guides, podcasts and videos). You can easily log into HBB by going to *my-benefits*® for Plan Administrators and clicking on *Business Assistance Service*.

Access any of the above business services by calling Arete at 1-877-412-7483.

We're Here for Your Employees, Too

As the aftermath of this disaster continues to unfold, we know your focus will be on helping your business and your people to recover. We want to remind you that, if your Plan includes an Arete **Employee Assistance Program** (EAP), your employees and their families have access to confidential counselling and support—assistance that will be important in the coming weeks and months.

To access the EAP, employees can call 1-877-412-7483 or log into *my-benefits* and go to Health & Wellness> Mental Health, choose Arete EAP, and fill out the online form. They'll take care of the rest.