



Employee Assistance Services

Health Canada's Employee Assistance Services (EAS) offers Specialized Organizational Services (SOS) to meet the workplace wellness and mental health needs of employees, managers, and executives of the federal public service.

SOS operates as a shared service available to all federal departments and agencies across Canada on a cost recovery model. Simply contact us and we will make all the necessary arrangements to match you with one of our existing consultants within our network.

About our services



What we offer

Grief and Loss: In-person or virtually, with scheduling options based on circumstance

Customized workshops, trainings and presentations on various workplace wellness, mental health, and diversity and inclusion topics, including:

- Change Management / Psychosocial Support for Workplace Transitions
- Stress Management / Burnout Prevention / Resiliency Training
- Anti-Racism / Unconscious Bias / Civility and Respect in the Workplace

Off-the-shelf workshops from the Mental Health Commission of Canada/ Opening Minds:

- Mental Health First Aid
- The Working Mind (separate sessions for employees, managers or senior officials)

Off-the-shelf workshop from the Canadian Mental Health Association:

- Shift Your Mind

Coaching: Custom programs (individual or group) for employees, managers, and executives in support of career planning, leadership skills, and performance management competencies

Workplace Psychosocial Health Assessment

Workplace Restoration Services

Decompression Program: A program for those who have experienced significant operational stress, or provided crisis support during an event; includes training, group work, and time away to process, rest and recover

And many more topics and services

Service costs

By leveraging our access to a vast network of mental health professionals, consultants, and subject matter experts, we offer competitive pricing and easy access to services. The costs reflect the level of expertise, experience, urgency, and the specific needs of your situation. Contact us today to discuss your needs.

Contact us

By phone at 1-888-366-8213

By email at info-sos@hc-sc.gc.ca

SOS