

YOUR MEMBER ASSISTANCE PROGRAM (MAP)

For Lawyers, Judges, Paralegals, law students, and their families



CHOICES

MORE SERVICES, MORE LOCATIONS

Our counselling is available in person, by telephone, or online. With a provincial network of hundreds of counsellors, offices are local and appointments are made quickly. We will do our best to accommodate your preferences.

PROFESSIONAL AND CONFIDENTIAL WE GUARANTEE YOUR CONFIDENTIALITY

Homewood Human Solutions™ is a trusted Canadian company with more than 33 years of experience providing the best possible support to clients like you. Your confidentiality is guaranteed through an individual's right to privacy protection and enforced within the limits of the law. No personal identifying information whatsoever is disclosed to the Law Society of Upper Canada.

PEER-TO-PEER SUPPORT

Learn more about peer-to-peer support and opportunities to volunteer.

CONTACT US 24/7

1.855.403.8922

TTY: 1.866.433.3305

International (Call Collect): 514.875.0720

www.myassistplan.com

COUNSELLING

THE LARGEST RATIO OF PHD-LEVEL COUNSELLORS

We know that law practice is an intense profession, with high expectations and demands. Counselling helps you take practical and effective steps to improve well-being. Within a confidential environment you can receive counselling for any challenge—whether it's a first step in facing a possible addiction, or managing day-to-day stress.

COUNSELLING—FOR ADDICTIONS AND MORE



Stress · Anxiety · Burnout

Substance Abuse · Marital · Family

Depression · Anger · Life transitions/change

Grief/bereavement · Other personal issues

PLAN SMART COACHING

LIFESTYLE AND SPECIALTY ISSUES

You can also receive coaching for a variety of life balance and health issues.

LIFE-BALANCE

Childcare and Parenting
Elder and Family Care
Legal
Financial

HEALTH

Weight Management
Smoking Cessation
Nutrition

CAREER

Career Planning
Workplace Issues
Pre-Retirement
Shift Work

ONLINE RESOURCES

THE RIGHT INFORMATION AT THE RIGHT TIME

Access our Member website anytime for e-Learning, interactive tools, health and wellness assessments, and a library of health, life balance, and workplace articles.

COUNSELLING COACHING SUPPORT



Member Assistance Program

A confidential service funded by and fully independent of the Law Society of Upper Canada

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