Shift Worker Support



If you are one of the millions of workers who work at times other than those between 7:00 a.m. and 6:00 p.m., then you know first-hand the challenge of fighting the body's natural wake-sleep pattern, and the strain shift work can put on your health, well-being, family, and social life. We help you find solutions to your unique challenges.

Stay healthy and safe while working shifts!

• Not getting enough sleep? We might be able to help

because sometimes making small changes can make a big difference.

- Stressed out trying to manage family and social life?
 We help you develop strategies to help manage your responsibilities and your health.
- Frustrated family members? If you are looking for ways to keep your family relationships harmonious, we can offer suggestions.
- Are you a woman working shifts and caring for a family? Female shift workers have almost three times the number of accidents as male shift workers. We can help you stay safe... and sane.





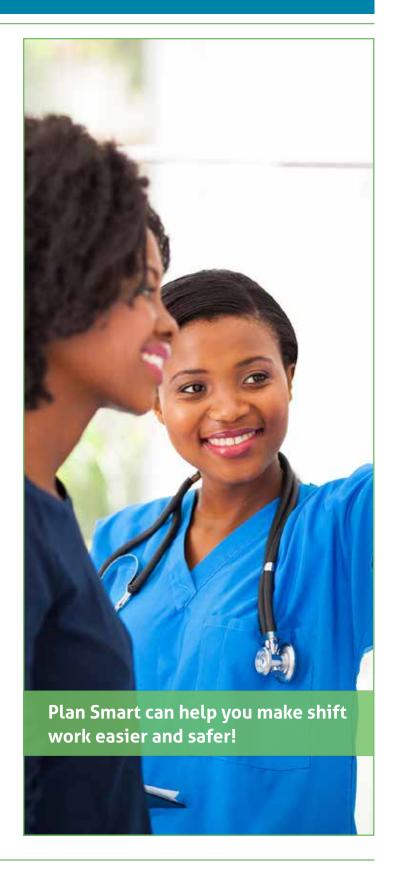
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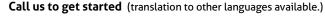
One call is all it takes to get started.

Plan Smart empowers you with the information and support you need to help you make shift work a part of a healthy and rewarding personal and work life. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

- 1. We ask a few specific questions to make sure you receive the customized service that will be most helpful.
- 2. We arrange for one of our counsellors to call you and walk you step-by-step through all the types of support that you could benefit from—Internet resources, printed materials, and more.
- 3. We'll be in touch with you as much as you need when you're using the materials and help you build the confidence to solve almost any work-life challenge.

If you ever feel overwhelmed or stressed out by the challenges you face, we can easily arrange counselling (face-to-face, over the phone, or through the Internet).





1.800.663.1142 | TTY: 1-888-384-1152 | Numéro sans frais - en français :

1-866-398-9505 International (Call collect): 604-689-1717

