

## Dealing with anxiety...Here's what you can do

### STEP 1

Access  
Resources for Mental Wellbeing  
[Support for Staff](#) on Skyline

### STEP 2

Contact EFAP  
(Employee Family Assistance Program)  
1-866-721-1738  
or 24/7 @ [www.myinconfidence.ca](http://www.myinconfidence.ca)  
Username: GNB  
Password: inconfidence

### STEP 3

Canadian Mental Health  
Association of  
New Brunswick

45-minute  
video counselling session

Tuesday, Wednesday &  
Thursday

10 a.m. to 4 p.m.

Contact:  
[Diana.Gregory@cmhanb.ca](mailto:Diana.Gregory@cmhanb.ca)

### STEP 4

Once Step 2 AND 3 have  
been exhausted:  
Contact your local Addiction  
& Mental Health Program

Mon. to Fri.

8:30 a.m. to 4:30 p.m.

Moncton: 856-2444  
Fredericton: 453-2132  
Woodstock: 325-4419  
Miramichi: 778-5284  
Saint John: 658-3737  
St Stephen: 466-7380  
St George: 755-4044  
Grand Manan: 662-7023  
Sussex: 432-2090

Be sure to identify yourself  
as a Horizon employee to  
expedite the process.