



1to1help
Happiness Works Best

For appointments place a request
on www.1to1help.net or call
1800-270-1790 (toll free)



**24/7 Online
Counselling**



**Telephone
Counselling**



**Face-To-Face
Counselling**



**Wellness
Coaching**

EAP

- Work/life stress
- Weight control
- Self-confidence
- Nutrition
- Diet
- Marriage
- Parenting
- Relationships
- Anger
- Break-up
- Loneliness
- Lifestyle

Range of Services:

- Assessments
- HRA
- Discussion Forum
- Online Chat