

How to Access the Employee Assistance Program (EAP) and Covid-19 Support Materials

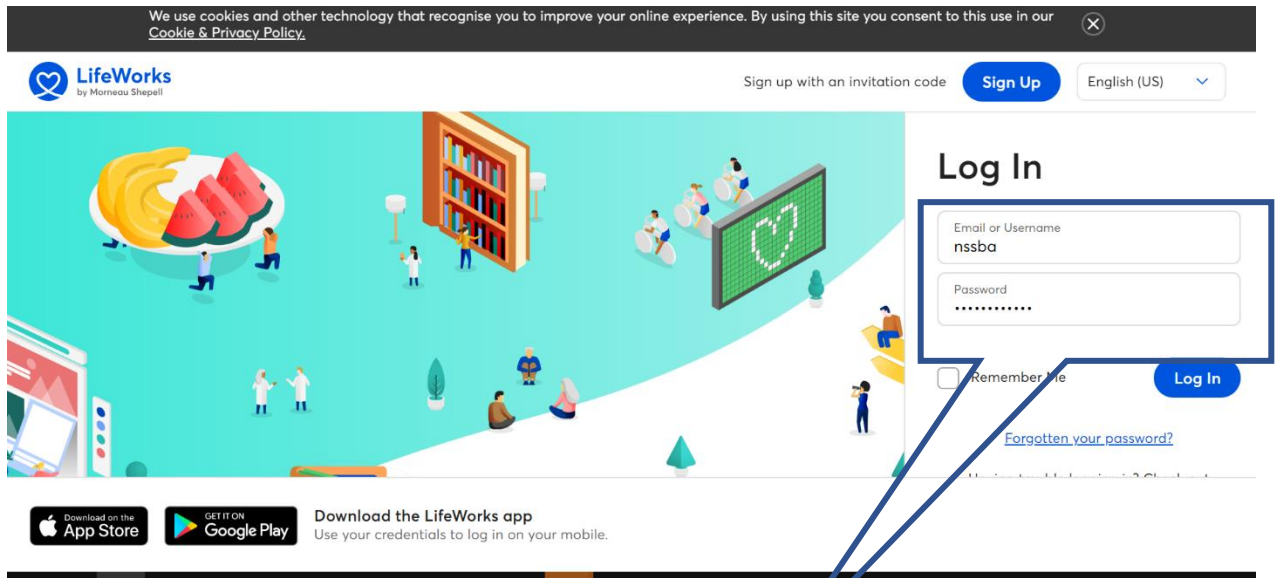
By Telephone: [1-877-418-2181](tel:1-877-418-2181)

Online Access to Support Materials

1. Go to www.myinconfidence.ca.
2. This will load the inConfidence homepage below:



3. Click on Enter and the following page will upload.



4. Log in details:

- a. Username: NSSBA
- b. Password: inconfidence

5. Once logged in, the following page will upload. On this page, you will find call-in information for the EAP and a number of digital support resources.

Support & Resources

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Feel Supported
If you're feeling stressed, having sleep problems or worrying about your budget, connect with us confidentially

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