

1-866-872-6336

Sometimes even judges don't have all the answers.

Asking for help is a sign of courage, not weakness.



Judges Counselling Program

Confidential assistance for judges and their families

Toll-free English language services
Canada-wide: 1-866-872-6336
TDD 1-800-363-6270 (hearing impaired)
www.jcp.ca

Judges Counselling Program

The judicial role is one that is marked by high expectations. Making the right decision, knowing that it will be subject to the scrutiny of the public and one's peers, creates stresses that are unique to the role of a judge.

Even those who excel in the performance of judicial duties quietly admit that it sometimes comes at a great personal expense to judges and those closest to them. The need to maintain an image of being able to meet the heavy responsibility of judicial office makes it difficult for many of us to ask for help.

The Judges Counselling Program (JCP) is designed to respond to the unique stresses that judges and their families endure.

JCP is a voluntary, confidential, short-term counselling and advisory service that connects you and your eligible family members to a network of dedicated professionals who are available to give you assistance 24 hours a day seven days a week.

The professional service is provided by Shepell·fgi, one of Canada's largest and most respected behavioural health service providers.

Shepell·fgi's network is made up of experienced counsellors, psychologists, social workers and specialists. Their experts are ready to assist you with your personal concerns anytime you require assistance.

JCP provides professional counselling for a wide range of issues, which may impact judges and their families:

- Stress and burnout
- Depression and anxiety
- Relationships
- Bereavement
- Life changes
- Substance abuse and addictions
- Coping with illness
- Crisis counseling

Is the service really confidential?

Confidentiality is the cornerstone of the JCP. Information is never shared with anyone outside of Shepell·fgi without an individual's informed, voluntary and written consent, with the exceptions listed below.* Unless you tell them, no one will even know that you have contacted the JCP.

*Understandably, certain exceptions apply when information must be provided to others, whether or not consent is given – such as when a person appears to pose a threat of serious injury to themselves or others. Also, Shepell·fgi's professionals are legally required to report suspicion of child abuse and to disclose information required by law (e.g. a court order).



Judges Counselling Program
Confidential assistance for judges and their families

Try it now, in full confidence:

Call 1-866-872-6336
24 hours a day, 7 days a week,
for free counselling.

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Judges Trial Support Service

This is a specialized support program designed by clinical professionals at Shepell·fgi (in consultation with members of the JCP Executive Committee) to support judges involved with difficult court cases (pre, during and post-trial). To find out more about this program, contact your Director or visit www.jcp.ca.

WorkLife Solutions Services

It can be difficult to find the time and resources you need to make decisions about your day-to-day concerns. The WorkLife Solutions Services can help. It is a confidential advisory service that assists you and your family in balancing work/life issues.

Professional WorkLife Specialists provide telephone assessment, consultation, resources, and advice. They can also send you a package of information, educational material, Website listings and books to help you get things done.

Your JCP's WorkLife Solution Service includes assistance with the following issues:

- Eldercare Information
- Nutritional Counselling
- Financial and Legal Advisory Service
- Parenting Information
- Relationship Information
- Youthline
- Smoking Cessation

Shepell·fgi's professionals can help you find new approaches to troublesome personal or work-related concerns. Our goal is to help you and your family develop a plan that will have a positive impact on your emotional health and your general well-being.

Judicom, the Judges' network, provides general information about the JCP. Just log on and click the 'apple' icon.

How much does all this cost?

There is no cost to members of the judiciary and their family. You and your family members can call the JCP 24 hours a day, 365 days a year, toll free.

We value your feedback

We are committed to providing quality service that meets your needs, so we would like your feedback. From time to time you will be given a short, confidential questionnaire about your experience with Shepell·fgi. Please complete and return it in the self-addressed envelope.

The content of this brochure was approved by the Executive Committee of the Board of Directors of the JCP in March 2008.

