

Doctors of Nova Scotia Professional Support Program
Family Plus Program

If you are concerned about yourself or one of your peers, please contact:

- Through Family Plus:
 - Via telephone at (506) 634-8295 Extension 215 or 218: Brandi Hartlen.
 - Via Web Intake Form: Members can follow this link to fill out the form, which also goes directly to Brandi's email:
 - <https://www.familyplus.ca/intake-form-eap>

All calls and online submissions are confidential and will be returned within 48 business hours.

Family Plus Program offers:

- A dedicated EAP coordinator: Brandi Hartlen as well as an additional support person
- Members will be contacted by Family Plus staff within 48 business hours of the first phone call, or submission of an online intake form
- Counselling sessions: 6 X 60-minute individual sessions, 4 X 90-minute or 6 X 60-minute couples sessions
- A variety of other counselling options are available (Legal, financial, credit, nutritional counseling etc): 30 min consult, then 25% off hourly rate for continued consultations.

February 2026