



MPPAC HR File #

Executive	Title	Signature	Date

For Member Assistance Requests - Manitoba west to BC call toll free 1.866.530.4720 to speak to a MPPAC Executive. Please download, print and mail completed form to MPPAC  
PO. Box 76004,  
Langley, BC.

For Member Assistance Requests - Ontario to Newfoundland, call toll free 1.877.639.2958 to speak to a MPPAC Executive. Please download, print and fax completed form to 1.519.824.9338.