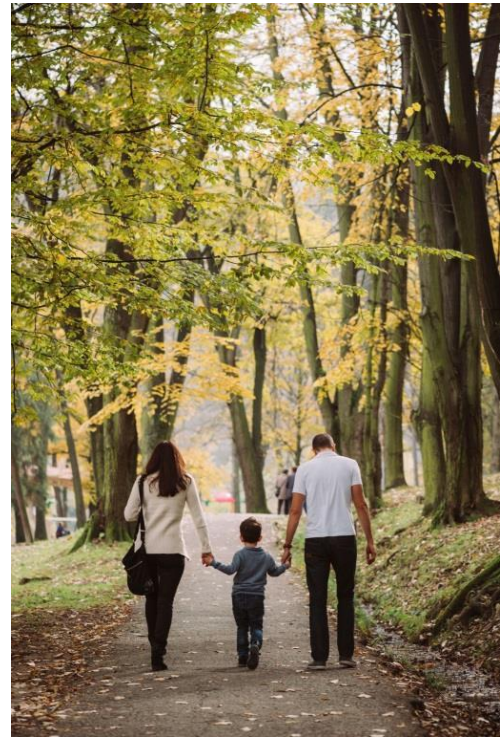


## EMPLOYEE AND FAMILY ASSISTANCE PROGRAM

### Solutions for your work, health, and life

With the increasingly rapid pace of life, it can be challenging to balance your responsibilities at work with your obligations at home. Your Employee and Family Assistance Program (EFAP) is a confidential and professional support service for you and your immediate family members offered free of charge to employees with benefits. Let us help you manage all of life's complexities in a way that is most suited to your preferences, comfort level, and lifestyle.



### Accessing your EFAP

- Call **1.844.880.9142** (toll free) for **24/7** access to EFAP services via the Care Access Centre. Our dedicated Intake Specialists can help match you with appropriate service(s) and support. It also acts as a crisis line and will triage calls appropriately. Services are available in English and French.
- Visit [www.workhealthlife.com](http://www.workhealthlife.com) for access to a range of EFAP services, as well as 700+ health/wellness articles, e-Newsletters, and mental health microsites.
- Download the free **My EAP** mobile device application (Blackberry, Apple, and Android-based devices).
- Your EFAP is completely confidential within the limits of the law. No one, including your employer, will ever know that you have used the program unless you choose to tell them.

### Professional EFAP Counselling Services

#### Personal/Emotional

- Stress/anxiety
- Depression
- Suicidal risk
- Self-esteem
- Anger issues
- Life stages
- Post-Trauma Support
- Abuse

#### Addiction-related

- Alcohol
- Drugs
- Other's addictions
- Smoking
- Gambling

#### Family

- Parenting
- Child behaviour
- Adolescent behaviour
- Blended family
- Communication
- Elder-related
- Extended family relations

#### Work-related

- Workplace stress
- Work relationships/conflict
- Career: planning, resiliency, retirement planning
- Workplace violence/harassment
- Work performance

#### Couple/Relationship

- General relationship
- Relationship breakdown
- Separation/divorce
- Intimacy issues
- Communication
- Conflict resolution
- Family planning

## Counselling Services Access Options

- Face-to-face
- e-Counselling
- Telephonic
- Text-based Resource Package
- Online Group Counselling
- Video Counselling
- First Chat

## Work/Life Services

### Legal Support Services

- Civil litigation
- Criminal law
- Landlord-Tenant
- Property law
- Real estate
- Will/estate
- Child custody
- Separation/divorce

### Family Support Services

- Planning a family
- Adoption
- Daycare
- Expectant/new parents package
- Home support services
- Parenting resources and information
- Special needs
- Compassionate care and bereavement
- Elder care resources and information
- Community programs
- Residential care options

### Financial Support Services

- Bankruptcy
- Debt/credit
- Divorce
- Estate
- Insurance
- Investment planning
- Real estate/mortgage
- Retirement
- Taxes
- Employment transition

### Health Coaching

- Condition management
- Risk reduction
- Weight management
- Healthy eating
- Responsible alcohol use
- Stress management

### Nutrition Support Services

- Disease state management
- General healthy eating
- Weight gain/loss
- Accommodating shift work
- Regulating diabetes
- Preventing heart disease

### Naturopathic Services

- Physiology
- Diet
- Lifestyle
- Mental/emotional well-being

## Work/Life Services Access Option

- Telephonic consultation
- Expertly developed online programs
- Text-based resources

## Additional Self-Help Resources

### Online Program Suite



- Stress management
- Enhancing relationships
- Smoking cessation
- Financial planning service
- Separation/divorce

### Health and Wellness Resource Packages

- Eating for health
- Workplace stress management
- Enhancing your relationship
- Separation/divorce
- Parenting
- Enriching your career
- Job Loss/transition

Discover [workhealthlife.com](http://workhealthlife.com)

Download **My EAP** app

Follow us on  



Let us help



Access your Employee and Family Assistance Program (EFAP) 24/7 by phone, web, or mobile app.

**1.844.880.9142** TTY 1.877.338.0275  
[workhealthlife.com](http://workhealthlife.com)

Download **My EAP** app now at your device app store or scan the QR code.

