

Your Employee and Family Assistance Program (EFAP)



We would like to take this opportunity to remind you that we are committed to ensuring that health and wellness continues to have a high priority. As an update, those employees or family members wishing to access **counseling** with the Employee and Family Assistance Program will have the choice of sessions offered either **face-to-face**, **telephonically** or **online** which can be arranged through the EFAP website. The **Life Smart Services** are all provided telephonically with a Specialist or Coach.

Steps to Accessing EFAP

- You or your family member can call Homewood Health Inc. (1.800.663.1142) and an intake counselor will assess your situation, risk, needs, and preferences to guide you to the service best suited to resolving your needs.
- The specialist will ask you a series of questions, including the name of your organization to ensure you are covered, your site location, a phone number and appropriate time to call.
- You will receive a call back with an offer of an appointment within 3 business days.

You may wish to access **Counselling Services** (Face-to-Face, Telephonic or Online) for any number of reasons;

- | | |
|--|--------------------------------------|
| ✓ Stress Management | ✓ Gambling |
| ✓ Depression & Anxiety | ✓ Violence/trauma |
| ✓ Alcohol/drug abuse | ✓ Emotional/Individual issues |
| ✓ Marital & Couple problems | ✓ Bereavement and loss |
| ✓ Family-of-origin conflicts | ✓ Workplace issues |

You may also wish to take advantage of the **telephonic Life Smart Services** for work-life balance assistance;

Life Balance Solutions

Childcare / Parenting Support
Elder and Family Care
Financial Consultation
Legal Advisory
Relationship Solutions
Grief Coaching

Health Smart Coaching

Smoking Cessation
Jumpstart Your Wellness
Nutritional Counselling

Career Smart Coaching

Career Planning/ Workplace Issue
Career Counselling
Pre-retirement Planning
Shift Worker Support

Online Services

20 e-Learning Courses
Health Risk Assessment
Interactive Tools
Library of health and workplace articles
... and much more...

If you have any questions or concerns, please feel free to contact Homewood Health Inc. directly at the number below, or alternatively contact your HR department.

1.800.663.1142 (English)
1.866.398.9505 (French)
1.888.384.1152 (TTY)
604-689-1717 International (call collect)
www.homeweb.ca