



**Let us help**

Your Employee and Family Assistance Program (EFAP) provides you with **immediate and confidential help** for any work, health or life concern. We're available anytime and anywhere. Let us help.

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

## Understanding your Employee and Family Assistance Program (EFAP)

Your EFAP is a confidential and voluntary support service that can help you take the first step toward change. Let us help you find solutions to the challenges you face at any age and stage of life. You and your immediate family members (as defined in your employee benefit plan) can access immediate and confidential support in a way that is most suited to your preferences, comfort level and lifestyle.

### No cost

There is no cost to you or your family to use your EFAP. This benefit is provided to you by your employer. Your EFAP can provide a series of sessions with a professional and if you need more specialized or longer-term support, our team of experts can suggest an appropriate specialist or service that is best suited to your needs. While fees for these additional services are your responsibility, they may be covered by your provincial or organizational health plan.

### Confidentiality

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.

## Solutions for your work, health and life

### Achieve well-being

- Stress • Mental health concerns • Grief and loss
- Crisis situations

### Manage relationships and family

- Communication • Separation/divorce • Parenting

### Deal with workplace challenges

- Stress • Performance • Work-life balance

### Tackle addictions

- Alcohol • Drugs • Tobacco • Gambling

### Find child and elder care resources

- Child care • Schooling • Nursing/retirement homes

### Get legal advice

- Family law • Separation/divorce • Custody

### Receive financial guidance

- Debt management • Bankruptcy • Retirement

### Improve nutrition

- Weight management • High cholesterol and blood pressure • Diabetes

### Focus on your physical health

- Understand symptoms • Identify conditions
- Improve sleep

Access your 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.



**Let us help**

