



# Employee and Family Assistance Program (EFAP)

*Navigating life's circumstances, stresses, relationships and feelings can be hard and sometimes help is needed. We're here to support you through life with our EFAP, which provides confidential and professional counselling and coaching services to you and your family.*

Our partnership with Homewood Health—a Canadian leader in mental health and addiction services—delivers just that. Their program is designed to provide short-term, solution focused support in dealing with precursors of more complex mental health and addiction issues. They aim to prevent problems from further impacting you and those you care about.

## SERVICES OFFERED

Getting you and your family through the unpredictable range of life's challenges can be tough. EFAP services can support you in:

### *Improving personal well-being*

- ✓ Mental health, depression and anxiety
- ✓ Personal stress
- ✓ Grief and loss
- ✓ Alcohol or drug dependency and addiction

### *Managing relationships and family*

- ✓ Communication
- ✓ Relationship conflict
- ✓ Parenting
- ✓ Separation and divorce

### *Addressing workplace challenges*

- ✓ Work-life balance
- ✓ Career planning
- ✓ Workplace conflict
- ✓ Work-related stress

### *Taking financial and legal control in life*

- ✓ Credit and debt management
- ✓ Retirement planning
- ✓ Bankruptcy
- ✓ Family law

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## ACCESSING SUPPORT—HOW EFAP WORKS

If you decide that it's the right time for some help, contact Homewood Health by calling one of the numbers listed here. They'll run you through the registration process and offer support while providing approaches that best suit your needs:

- In-person
- Over-the-phone
- Video
- e-counselling (instant chat or private messaging)
- Self-directed online resource packages and tools

Your group benefit plan offers 12 hours of support services per plan member and your dependant(s) per year. Have comfort in knowing that no information will be shared with your employer.

## CONTACT & QUESTIONS—HERE FOR YOU ANYTIME, ANYWHERE.

Help is always available—EFAP services are here to support you and your family with bilingual and fully accessible services 24 hours a day, seven days a week.

English and French: 1-888-713-8623

Online resources: [ab.bluecross.ca/efap](https://ab.bluecross.ca/efap)



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