



## Your Employee and Family Assistance Program

**Reach out. Get help. Feel better.**

### Immediate and confidential support

You can trust your Employee and Family Assistance Program (EFAP) to help you and your family find solutions for a wide range of life's challenges.

Caring professionals can help you access support related to:

- Fitness and physical health
- Mental health
- Relationships
- Nutrition and naturopathic medicine
- Finances
- Elder care
- Legal
- and much more

There are many ways to get help today - all completely confidential.

You and your eligible family members can receive support over the telephone, in person, online, and through a variety of health and wellness resources. For each concern you are experiencing, you can receive a series of private sessions with an expert. You can also take advantage of online tools to help manage your and your family's health. You'll get practical and fast support in a way that is most suited to your preferences, learning preference and lifestyle.

## Solutions for a wide range of life's challenges

Let us help you:

### Achieve well-being

- Stress
- Depression
- Anxiety
- Anger
- Crisis situations
- Life transitions

### Manage relationships and family

- Separation and divorce
- Elder care
- Relationship conflict
- Parenting
- Blended Family issues

### Find child and elder care resources:

- Maternity and parental leave
- Adoption
- Child care services
- Schooling
- Adult day programs
- Nursing and retirement homes

### Get legal advice

- Separation and divorce
- Civil litigation
- Custody and child support
- Wills and estate planning

### Get financial guidance

- Credit and debt management
- Budgeting
- Bankruptcy
- Financial emergencies
- Changing circumstances

### Deal with workplace challenges

- Work-life balance
- Conflict
- Career planning
- Bullying and harassment

### Tackle addictions

- Alcohol
- Tobacco
- Drugs
- Gambling
- Other addictions
- Post-recovery support

### Improve nutrition

- Weight management
- Boost energy and resilience
- High cholesterol
- High blood pressure
- Diabetes
- Heart disease

### Focus on your health

- Identify conditions
- Prevent illness
- Manage symptoms
- Discover natural healing strategies
- Create an action plan for better health

Call for confidential and immediate support with your work. Health and well-being 24/7/365.

**1.800.387.4765**

**TTY: 1.877.338.0275**

**workhealthlife.com**

*\*\*Services are provided in English and French. If service provision in another language is required, please request it at the time of intake.*