



Everyone faces challenging and stressful events in their lives. Most of the time some support.

Your EFAP is a professional, conf dential, and proactive service to support you with a wide range of personal, family, and work-related concerns.

What benefits are available to me?

Your EFAP is here for you whenever you need it, 24 hours a

anxiety, depression, addictions, grief, coping with health issues, or work-related challenges.

We will match you with a counsellor who suits your needs and provide you with short-term solutions.

If you are identified as requiring additional, longer-term treatment or specialized support, our counsellors will refer you to community-based resources and programs which suit your unique needs.

How does the counselling program work?

Counselling services can be of ered face-to-face, over the phone, through video, or online. Of ces are local and appointments are made quickly, with your convenience in mind. If you have a preference for location, gender, or

