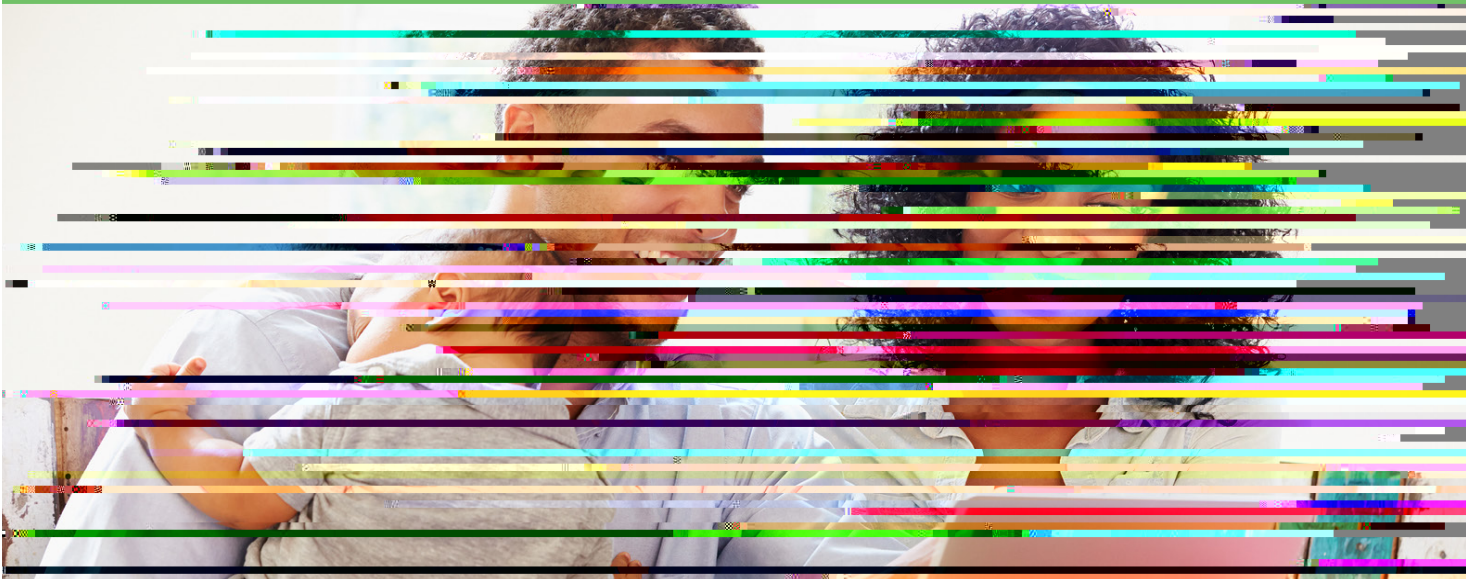


# Get to know your EFAP



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

Your EFAP is a professional, confidential, 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 day, 7 days a week. We can help with 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 offered face-to-face, over the phone, through video, or online. Offices are local and appointments are made quickly, with your convenience in mind. If you have a preference for location, gender, or



