

Your Employee and Family Assistance Program

Get to know your EFAP

Everyone faces challenging and stressful events in their lives. Most of the time we can handle these situations ourselves; other times we could benefit from 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, seven days a week, 365 days of the year.

Within a confidential environment you can receive counselling for any challenge — whether it's a first step in facing a possible addiction, or managing day-to-day stress.

We guarantee your confidentiality.

We are Homewood Health, a trusted company with years of experience delivering the best possible support for clients like you. Everyone is guaranteed confidentiality within the limits of the law. You won't be identified to anybody — including your employer.

People frequently use an EFAP for personal challenges such as relationship concerns, family or parenting issues, 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 appointment time, we'll do our best to accommodate your preferences.



Your Employee & Family Assistance Program: Get to know your EFAP

Life Smart Coaching

Life Smart Coaching is a suite of telephonic services that offers assessments, coaching, and resources; each service has been developed to allow you to take a proactive approach to managing everyday challenges.

A Life Smart intake counsellor will contact you within 72 hours to offer you an appointment with an appropriate specialist.

Life Smart Coaching Services include three major components with service options for each area:

Life Balance Solutions

- New Parent Support
- Childcare and Parenting
- Elder and Family Care
- Relationship Solutions
- Financial Coaching
- Legal Advisory Services
- Grief and Loss
- Stress Solutions

Health Smart Coaching Services

- Nutritional Coaching
- Lifestyle Changes
- Jumpstart your Wellness
- Smoking Cessation

Career Smart Coaching Services

- Career Planning
- Workplace Issues
- Pre-Retirement Planning
- Shift Worker Support

Online Services – Homeweb

Homeweb is part of your Employee and Family Assistance Program. You can access Homeweb on your phone, tablet, or desktop. Homeweb offers you the ability to create an individual profile, receive personalized content recommendations, and access lots of helpful resources — anywhere, anytime.

Access Homeweb for interactive tools, health and wellness assessments, child and elder care resource locators, and a library of health, life balance, and workplace articles.

Sentio by Homewood Health™

Sentio is Homewood's internet-based Cognitive Behavioural Therapy (iCBT) program. iCBT has been proven to be an effective therapy for mild to moderate depression, anxiety and other psychological mental health issues.

Sentio contains over 20 treatment goals plus a wealth of tools and resources to help you change your thought patterns and improve your mood.

Homewood Pathfinder

Pathfinder tailors personalized care plans and service recommendations based on your unique presenting concern(s). It includes an assessment of the severity of your concern and combines the optimal clinical solution with your unique preferences to create a customized and curated care path. In Pathfinder, you can book a counselling appointment through our on-line booking system. Where clinically appropriate, you can also chat with a professional immediately.

One click is all it takes. There's no booking and no waiting.

As of your transition date, you must register with Homewood Pathfinder by creating an account on Homeweb.ca using your organization's invitation code

What if I'm in crisis?

Homewood Health staff are prepared to take your call 24 hours a day, seven days a week. **Help is always available.**

Who do I contact?

To speak to someone in confidence, for crisis services (24 hours a day) or to book an appointment contact us today by calling the number below.

Contact us to learn more.

1-800-663-1142 | **International** (Call Collect): 604-689-1717

Numéro sans frais - en français : 1-866-398-9505

Homeweb.ca

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**Homewood
Health**

Your future forward Employee and Family Assistance Program

It's about choice. You select your preferred care approach from:

- A fully 'live' experience,
- A fully virtual experience, or
- A blended experience



Nobody can do what Pathfinder does

It's EFAP simplified. It's a validated stepped care approach to your overall mental health and wellness developed through almost 140 years of mental health leadership and over 40 years of EFAP experience.

Pathfinder tailors personalized care plans and service recommendations based on your unique presenting concern(s). It includes an assessment of the severity of your concern and combines the optimal clinical solution with your unique preferences to create a customized and curated care path.

Choices

Counselling that's convenient for you.

In Pathfinder, you can book an appointment through our on-line booking system. There is no cost to you. Offices are local and appointments are made quickly, with your convenience in mind. Have a preference for location or appointment time? We'll do our best to accommodate your preferences.

Life Smart Coaching

You can receive coaching support for a variety of life balance and health issues, or get expert support to better manage your career. Life Smart Coaching services are available by phone.

Health



- Nutrition
- Lifestyle Changes
- Jumpstart your Wellness
- Smoking Cessation

Life Balance



- Elder and Family Care
- Relationships
- Financial
- Legal
- Grief and Loss
- Burnout and Stress

Career



- Career Planning
- Workplace Issues
- Pre-Retirement
- Shift Work

Online Resources

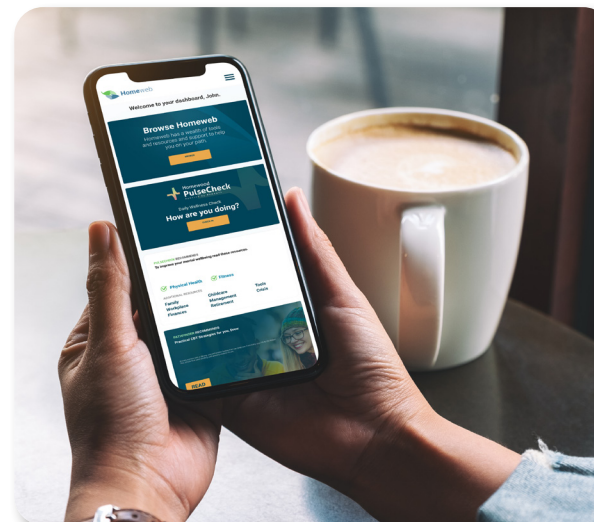
The right information at the right time

Access Homeweb.ca anytime for a wealth of expert tools and resources, including e-learning courses and a library of health and wellness articles which keep you informed about where you are in your journey and what's available to enhance your experience and outcomes.

Sentio by Homewood Health™

Sentio is Homewood's internet-based Cognitive Behavioural Therapy (iCBT) program. iCBT has been proven to be an effective therapy for mild to moderate depression, anxiety and other psychological mental health issues.

Sentio contains over 20 treatment goals plus a wealth of tools and resources to help you change your thought patterns and improve your mood.



What is Homewood MeetNow?

Where clinically appropriate, you can chat with a professional immediately. One click is all it takes. There's no booking and no waiting.

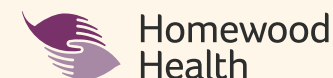
If you do not wish to MeetNow, simply select your preferred counsellor, your preferred date and time and your choice to meet telephonically or online through video. It's that simple.

Counselling

For all of life's challenges

We offer a supportive, confidential and caring environment and will provide you with counselling for any challenge:

- Family
- Depression
- Marital
- Life transitions/change
- Relationships
- Grief/Bereavement
- Addictions
- Stress
- Anxiety
- Other personal issues



Employee and Family Assistance Program

Coaching | Counselling | Support
Confidential | Available anytime

Contact Information

Contact us 24 hours a day, 7 days a week

1-800-663-1142

International (Call collect): 604-689-1717

Homeweb.ca

Votre Programme d'aide aux employés* et à leur famille

C'est une question de choix.

- un service « de vive voix » par téléphone;
- un service virtuel; ou
- un service mixte.



Personne d'autre ne peut offrir ce qu'offre l'interface Parcours de Homewood.

L'interface Parcours est une fonctionnalité de pointe améliorée offerte sur la plateforme Homeweb, qui tient compte non seulement de la nature et de l'intensité de votre problème, mais aussi de vos préférences, pour vous offrir le bon service au bon moment.

L'interface Parcours crée un plan de soins personnalisé et offre des recommandations de service en fonction de votre problème. Elle évalue la gravité de vos préoccupations et combine la meilleure solution en matière de PAEF avec vos préférences pour créer un parcours de soins personnalisés adapté à vos besoins.

Différentes options de counseling

Un counseling adapté à votre mode de vie.

La plateforme Parcours vous permet de prendre rendez-vous via notre ligne sans frais pour l'utilisateur. Nous avons des bureaux partout au pays et les rendez-vous sont offerts rapidement, au moment qui vous convient. Une préférence quant à l'endroit et à l'heure du rendez-vous? Nous ferons de notre mieux pour satisfaire vos demandes.

Coaching IntelliVie

Obtenez des séances téléphoniques de coaching pour une grande variété de questions relatives à la santé, la qualité de vie, la conciliation travail - vie personnelle ou la gestion de votre carrière.

Santé



- Nutrition
- Changements au mode de vie
- Parcours mieux-être
- Abandon du tabac

Équilibre de vie

- Soutien aux aidants naturels (aînés/enfants/conjoint)
- Solutions relationnelles
- Conseils financiers
- Conseils juridiques
- Deuil et pertes affectives
- Épuisement et Stress

Carrière

- Planification de carrière
- Difficultés au travail
- Planification de la retraite
- Travail par quarts

Ressources en ligne

La bonne information au bon moment

Vous pouvez consulter la plateforme Homeweb à toute heure du jour ou de la nuit pour y trouver une multitude de ressources et d'outils spécialisés, y compris des cours en ligne et une bibliothèque d'articles sur la santé et le bien-être qui vous permettent de suivre de près votre parcours et de vous tenir au courant des ressources mises à votre disposition pour améliorer votre expérience et accélérer votre rétablissement.

Sentio par Homewood Santé^{MC}

Sentio est la thérapie cognitivo-comportementale (TCC) en ligne de Homewood Santé. La TCC en ligne s'est révélée une intervention efficace pour soigner la dépression, l'anxiété et d'autres symptômes psychologiques allant de légers à modérés.

Sentio contient plus de vingt plans de traitements ainsi qu'une multitude d'outils et de ressources pour vous aider à changer vos schèmes de pensée, à améliorer votre humeur ou à soigner votre anxiété.



En quoi consiste la fonction Rencontre immédiate?

Lorsque cela est cliniquement justifié, vous pouvez parler immédiatement à un conseiller. Un seul clic suffit. Aucun rendez-vous à prendre, aucun délai d'attente.

Si vous ne souhaitez pas utiliser cette fonction, vous pouvez plutôt sélectionner votre conseiller, vos date et heure de disponibilité, ainsi que la modalité de votre choix, soit par téléphone, soit par vidéoconférence. C'est aussi simple que ça.

Counseling

Faire face aux défis de la vie

Votre Programme d'aide aux employés et à leur famille vous aide à prendre des mesures pratiques et efficaces pour améliorer votre qualité de vie et vous épanouir. Nous offrons un milieu favorable, confidentiel et attentionné, et vous fournissons des conseils pour toutes les épreuves :

- Problèmes familiaux
- Difficultés conjugales
- Problèmes relationnels
- Dépendances
- Anxiété
- Dépression
- Transitions de vie
- Deuil
- Stress
- Autres difficultés personnelles



Programme d'aide aux employés* et à leur famille

Coaching | Counseling | Soutien
Services confidentiels | Accessibles en tout temps

Nous contacter

Communiquez avec nous en tout temps.

1 866 398-9505

Appels internationaux (frais virés acceptés) : 514 875-0720

Monhomeweb.ca