

# Welcome to the Employee & Family Assistance Program

The Employee & Family Assistance Program (EFAP) offered as part of your ASEBP benefits gives you access to a wide range of programs and services including:

- Short-term counselling on a variety of topics, such as depression, relationships, anxiety, stress, etc.
- Online resources such as e-learning courses, healthy living articles and interactive tools, health assessments, etc.
- Lifestyle coaching on topics like nutrition, weight management, career planning

To learn more about the EFAP services, visit the Homewood Health website; a link can be found in the Homewood Health Member Services section below.

When should you contact Homewood Health to access the EFAP services? When you need help:

- Coping with daily stress and anxiety
- With childcare or eldercare
- With work situations or career planning
- Improving the quality of your relationships
- With any of life's issues

Contact Homewood Health for counselling, coaching and support 24 hours a day, seven days a week at:



**Homewood**  
Health | Santé

**English: 1-800-663-1142**

**French: 1-866-398-9505**

**TTY (hearing assistance): 1-888-384-1152**

**International (call collect): 604-689-1717**

## Homewood Health Member Services

Homewood Health's member services area of their website is a powerful resource for your Employee & Family Assistance Program (EFAP). The member services area includes access to:

- E-counselling and coaching
- E-learning on topics like stress management, mood, workplace issue resolution
- Access to healthy living articles and interactive tools

These online resources can be used on their own as a way to enhance your healthy living toolkit or as a part of a larger counselling program.

To register, visit [www.homewoodhealth.com](http://www.homewoodhealth.com) and follow the steps to the right.

- Click on Login, found in the human icon in the top right corner of the home page. A Login Portal window will open.
- Click Member Services Area and then Register on the left hand side.
- Enter your school jurisdiction's name (not your school name) in the company/organization's name field and click continue.
- Complete your profile, including the Personal, Address and System Information fields.
- Click Continue and you're done!

If you have trouble registering for an account, please contact Homewood Health's Client Services Centre at 1-800-663-1142.

**Please note that you do not need to register for an account to access the EFAP counselling services.**