



Life happens.
Let us help.

Your Employee and Family Assistance Program (EFAP) can offer you help when you need it most—from everyday challenges to complex issues, and everything in-between.



Visit shepellfgi.com/myeap or scan QR code.

Shepell·fgi
work. health. life.

What your EFAP has to offer

Immediate, confidential help for any concern

Your EFAP is a confidential and voluntary support service that can help you take the first step towards change. We'll help you find solutions to all kinds of challenges at any age and stage of life. Whether you have decided to get in shape, are considering buying a new home or want to find a better work-life balance—we have the expert insight to get you on your way.

You and your immediate family members (as defined in your employee benefit plan) can receive support over the telephone, in person, online and through a variety of self-guided resources. You'll get immediate, relevant support in a way that is most suited to your preferences, learning approach and lifestyle. Highly qualified, experienced and caring professionals help you select a support option that works best for you.

Your EFAP is completely confidential within the limits of the law. No one, including your employer, will ever know that you have used the service unless you choose to tell them.

Available at no cost to you

There is no cost to use your EFAP. This benefit is provided to you by your employer. You can receive up to a series of sessions with a professional and if you need more specialized or longer-term support, your EFAP can suggest an appropriate specialist or service that is best suited to your needs. While fees for these additional services are your responsibility, they may be covered by your provincial or organizational health plan.

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Contact your Employee and Family Assistance Program (EFAP) for immediate, confidential help 24/7/365.

1 800 387-4765 TTY: 1 877 338-0275
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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.

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