

# A New Employee & Family Assistance Program (EFAP) is Here



Free and confidential support for eligible employees and their families.

- Relationships and Couples
- Family and Parenting
- Stress
- Anxiety
- Depression
- Substance Use
- Legal and Financial
- Grief and Bereavement
- Career Coaching
- Behavioural Management
- Diet and Nutrition
- Work-Related Stress
- Bullying and Harassment
- Crisis and Trauma

[Click here to learn more](#)



1-800-661-8193

24 hours a day anywhere in North America