

Continued support

Following a traumatic event

You may be experiencing difficulty sleeping, concentrating or meeting daily demands.

Immediate and confidential support is available to you and your family at no cost to you through your **Employee and Family Assistance Program (EFAP)**.

Professional counselling, consultations and health and wellness resources can help with stress, anxiety, grief and more.

Access your EFAP 24/7/365

Call

Care Access Centre
1 800 387-4765

Visit workhealthlife.com

Read and share health & wellness articles

E-Counseling registration and portal login

First Chat for instant online chat with a counsellor

Download My EAP app

On-the-go support with health & wellness articles and videos

E-Counseling registration and portal login

Interactive stress tool

Free download at workhealthlife.com/myeap or scan the QR code now

