



**Let us help**

Your Employee and Family Assistance Program (EFAP) provides you with **immediate and confidential help** for any work, health or life concern. We're available anytime and anywhere. Let us help.

[workhealthlife.com](http://workhealthlife.com)

## Understanding your Employee and Family Assistance Program (EFAP)

Your EFAP is a confidential and voluntary support service that can help you take the first step toward change. Let us help you find solutions to the challenges you face at any age and stage of life. You and your immediate family members (as defined in your employee benefit plan) can access immediate and confidential support in a way that is most suited to your preferences, comfort level and lifestyle.

### No cost

There is no cost to you or your family to use your EFAP. This benefit is provided to you by your employer. Your EFAP can provide a series of sessions with a professional and if you need more specialized or longer-term support, our team of experts 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.

### Confidentiality

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

## Solutions for your work, health and life

### Achieve well-being

- Stress • Mental health concerns • Grief and loss
- Crisis situations

### Manage relationships and family

- Communication • Separation/divorce • Parenting

### Deal with workplace challenges

- Stress • Performance • Work-life balance

### Tackle addictions

- Alcohol • Drugs • Tobacco • Gambling

### Find child and elder care resources

- Child care • Schooling • Nursing/retirement homes

### Get legal advice

- Family law • Separation/divorce • Custody

### Receive financial guidance

- Debt management • Bankruptcy • Retirement

### Improve nutrition

- Weight management • High cholesterol and blood pressure • Diabetes

### Focus on your physical health

- Understand symptoms • Identify conditions
- Improve sleep

Access your EFAP 24/7 by phone, web or mobile app.

**1.844.880.9142** TTY: 1.877.338.0275  
**[workhealthlife.com](http://workhealthlife.com)**

Download My EAP app now at your device app store or scan the QR code.



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**MORNEAU  
SHEPELL** 

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January 22, 2018

Hello,

We are pleased to announce that School District 22 has retained the services of Morneau Shepell to be our **new** Employee and Family Assistance Program (EFAP) provider for all employees and their immediate family members. The new benefit will launch on **01 February 2018**.

### Understanding the Morneau Shepell Employee and Family Assistance Program (EFAP)

Your EFAP is a confidential and voluntary support service that can help you take the first step toward change. Let us help you find solutions to the challenges you face at any age and stage of life. You and your immediate family members (as defined in your employee benefit plan) can access immediate and confidential support in a way that is most suited to your preferences, comfort level and lifestyle.

### Confidential and no cost

The 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. You and your immediate family have access to the EFAP at no cost.

### Let your EFAP help you find solutions for your work, health, and life

<b>Short-term Professional Counselling</b> provides support for personal and emotional issues.	<b>Specialized Counselling and Online Programs</b> to assist with career challenges, managing stress, and more.
<b>Family Support Services</b> provides access to child and eldercare resources.	<b>Naturopathic Services</b> provide consultation with Naturopathic Doctors.
<b>Legal Support Services</b> provide consultation with professional lawyers to answer legal questions.	<b>Nutritional Services</b> offer consultation with Registered Dietitians on any nutritional matter or concern.
<b>Financial Support Services</b> provide consultation with financial professionals to answer financial questions.	<b>Health Coaching</b> by Registered Nurses can provide information and advice.

The EFAP benefit reflects our continuing commitment to your well-being and privacy. We encourage you to use the EFAP anytime you need it.

### Access your EFAP 24/7

**Call:** 1.844.880.9142 | **TTY:** 1.877.338.0275

**Login:** [workhealthlife.com](http://workhealthlife.com) gives you access to hundreds of articles, tools and resources. Login today!

**Mobile:** *Instant access to support on the go!* Download the **My EAP** app now at your device app store (*Apple, Android & BlackBerry*)

**Note:** If you or a member of your family is currently seeing a counsellor through our previous EFAP provider, you may continue to see that counsellor until resolution. If you would like to begin counselling or initiate any of the above support services, please contact Morneau Shepell for more information starting **01 February 2018**.

Regards,  
Sterling Olson  
Secretary Treasurer  
School District No. 22 (Vernon)