

GIVE YOUR EMPLOYEES THE SUPPORT THEY NEED. GET RESULTS YOU CAN DEPEND ON.

# Employee and Family Assistance Program (EFAP)



*Mental illness is a leading cause of disability in Canada.<sup>1</sup> EFAPs directly support employee mental health through short-term, confidential counselling services. Organizations that focus on keeping employees healthy and engaged can reduce disability claims and help employees achieve better results.*

## LET US HELP SUPPORT A HEALTHIER AND MORE PRODUCTIVE WORKPLACE

To deliver high-quality and individualized support, we've partnered with Homewood Health—a Canadian leader in mental health and addiction services. They proactively support organization's employees and their families by focusing on helping employees get the help they need.

Investing in employee health and wellness can increase workplace efficiencies by improving

- ✔ workplace culture and morale
- ✔ engagement and productivity of employees
- ✔ attraction and retention of top talent
- ✔ overall health-care claims costs

Timely access to services is key to both engaging employees early and helping you better manage your absence and disability related costs.

## DID YOU KNOW?

Homewood Health supports Cognitive Behavioural Therapy (CBT), which can help your employees address depression and anxiety—two of the most common issues addressed with EFAP to date.



### HOW EFAP HELPS SUPPORT YOUR TEAM

EFAP services can help your team take small steps towards holistic, mental wellness. Through counselling and coaching services, EFAP supports your employees in:

#### **Improving personal well-being**

- ✓ Mental health, depression and anxiety
- ✓ Personal stress
- ✓ Grief and loss
- ✓ Alcohol or drug dependency and addiction

#### **Addressing workplace challenges**

- ✓ Work-life balance
- ✓ Career planning
- ✓ Workplace conflict
- ✓ Work-related stress

#### **Managing relationships and family**

- ✓ Communication
- ✓ Relationship conflict
- ✓ Parenting
- ✓ Separation and divorce

#### **Taking financial and legal control in life**

- ✓ Credit and debt management
- ✓ Retirement planning
- ✓ Bankruptcy
- ✓ Family law

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### HELP IS ALWAYS AVAILABLE

Support from Homewood Health is available 24 hours a day, seven days a week. They will run employees through the registration process and offer support while providing approaches that best suit their needs:

- In-person
- Over-the-phone
- Video
- e-counselling (instant chat or private messaging)
- Self-directed online resource packages and tools

All services are completely confidential and your employees can take comfort knowing that their privacy is of highest importance and information will not be shared with employers.

**To learn more about how EFAP can reduce your costs and support your employees, call us at 1-866-513-2555.**

[ab.bluecross.ca](http://ab.bluecross.ca)



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<sup>1</sup> [www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics](http://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics)