

Your EFAP is a professional, confidential, and proactive service to support you with a wide range of personal, family, and work-related concerns. Your EFAP includes Counselling Services, Life Smart Coaching Services, and Online Resources.

About EFAP Counselling Services

People frequently use EFAP for personal challenges such as relationship concerns, family or parenting issues, anxiety, depression, addictions, grief, coping with health issues, or work-related challenges. When accessing EFAP Counselling Services for a particular issue, you will be matched with a counsellor who suits your needs and who will provide you with short-term solutions. As such, your counsellor will help you set a goal, then offer you, focused, specific, and practical tools and tips to help you work toward your goal. Typically, this level of support takes place over the course of 3 to 4 sessions, and if you are identified as requiring additional, longer-term treatment or specialized support, your counsellor will refer you to appropriate community-based resources and programs.

Between and beyond counselling sessions for a particular issue, it is important to practice. Following your last session, you are encouraged to:

- Consciously implement and practice learned tools and skills for at least two months, in order to establish new habits.
- Where provided, follow your counsellor's recommendations for accessing community-based resources and programs.
- Seek additional tools and tips through EFAP, by way of accessing Life Smart Coaching Services, and/or exploring available Online Resources.

If, at a later date, you find yourself still struggling with the same issue, you may re-access EFAP Counselling Services, at which point, you may be matched with a new counsellor, offering you the benefit of additional short-term, solution-focused support, from a different perspective.

You may also re-access EFAP Counselling Services, if you later face a new issue. Again, you will be matched with a counsellor best suited to your needs, and well equipped to offer effective, short-term support, to help you reach your goal.

For more information, please feel free to contact our EFAP service provider, Homewood Health, at **1-877-955-NSTU (6788)**