



Dear Employees,

We are very pleased to announce that as of **July 1, 2021**, employees and their dependent family members will now have access to a full range of health and wellness services as part of our benefits package provided under the Employee and Family Assistance Program (EFAP) through Homewood Health.

From time to time, many of us encounter personal problems that affect our sense of wellbeing and our ability to function both at work and at home. If help is available early, often these situations can be resolved before they become serious. EFAP is a confidential program that offers short-term counselling and support related to a wide variety of issues including relationship concerns, depression and anxiety, stress management, grief and bereavement, work and family balance, parenting, substance use, and work-related problems. It can also provide support in areas of childcare and eldercare, career planning, financial, and legal consultation.

The plan also includes a range of online resources such as interactive e-courses, i-Volve online Cognitive Behavioural Therapy (iCBT) and health-related articles. For a comprehensive web-based orientation of our program and access to all the e-services, please visit <https://homeweb.ca/>

Accessing the EFAP is easy. Just call the 24-hour toll-free access number:

**1.800.663.1142**

Your EFAP service provider can be reached anytime day or night, 365 days of the year—whenever it is most convenient to you.

EFAP is also available to you and your dependents, which includes spouses, partners, and children up to the age of 21 living at home and/or up to the age of 25 attending a full-time educational institution. Please share the enclosed information with your family members.

All services are offered at no cost to you or your family members.

Be assured that when you use the program, it is completely confidential. You won't be identified to anybody—including your employer.

The availability of this important benefit is consistent with our commitment to the mental health and wellbeing of all employees and their family members. We encourage you to consider utilizing this program now or in the future, should the need arise.

More information will be coming out towards the middle of June 2021. Questions? Please connect with Michele Dance @ [michele.dance@sd68.bc.ca](mailto:michele.dance@sd68.bc.ca). [Or you may be able to find your answer in the FAQs.](#)