

EMPLOYEE & FAMILY ASSISTANCE PROGRAM (EFAP) – TELUS HEALTH

From time to time we all face difficult or stressful events in our lives. Most of the time, we handle these personal challenges well. Other times, our personal problems can become large enough that they begin to interfere with our effectiveness, happiness or safety, both at work and at home. The Employee and Family Assistance Program is a pro-active option for helping you manage your personal health and happiness.

The **Employee & Family Assistance Program** (EFAP) provides confidential services to our employees and their dependents.

The Districts EFAP provider is TELUS Health. TELUS Health is available to help 24 hours a day, 7 days a week.

PHONE: 1-877-207-8833
1-877-371-9978 (TTY)
WEBSITE: one.telushealth.com

The **Employee and Family Assistance Program** (EFAP) program provides the following **confidential** services:

- **Crisis Intervention**
- **Counselling Services** (in person or online)
- **Caregiving Services** (childcare, parenting, elder and family caregiving)
- **Life Planning Services** (financial assistance, legal assistance, career counselling, and pre-retirement planning)

When you require support, call TELUS health at the number above. Staff will ask you some basic information and then assist in arranging an initial appointment at a convenient time. The counselling model applied is short term counselling so client can typically expect 3 to 5 sessions for each topic.