

Addiction Assistance

Your EFAP can help

Alcohol | Tobacco | Drugs | Gambling | Other Addictions | Post-Recovery Support



Your Employee and Family Assistance Program (EFAP) is a professional, confidential support service available to you, and your immediate family members, through your benefit plan and at no cost to you. The program is there to support you with the wide range of challenges that can happen in life.

How can you recognize the signs of addiction? How do you know when the desire to shop, work, surf online, exercise, eat, or consume alcohol is actually unhealthy or dangerous? **We can help you.**

Counselling Support

EFAP counselling is completely confidential, within the limits of the law, and is available in person, over the phone, through video, or online.

Our expert EFAP counsellors can provide you, and your family members, with the support and direction to begin making positive change. Our counsellors can also point you in the direction of other resources, including community support groups, where you can meet and learn from others who are working to overcome similar challenges.

e-Courses

EFAP e-courses are available at homeweb.ca. Courses that provide support for addiction related concerns include: Taking Control of Alcohol Use; Stop Smoking: Get Your Life Back; Taking Control of Your Money; Taking Control of Anger; Taking Control of Your Mood; and Taking Control of Stress.

Your EFAP online learning has been developed by expert psychologists specialized in e-learning and health promotion. Each e-course is self-directed and confidential, and offers printable information, quizzes, and exercises — and some

Call us toll-free at 1.800.663.1142

Improving Health
homewoodhealth.com



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Health | Santé

Addiction Assistance

have printable action planning guides that can be customized to allow you to add your own scenarios and goals.

Homeweb.ca

Homeweb is an innovative online platform that offers you access to personalized health and wellness tools, resources and support when you want it — anywhere, anytime.

Homeweb is part of your EFAP and offers you the ability to create an individual profile, receive personalized content recommendations, and access lots of helpful resources.

At Homeweb, you will find wellness articles, a health library, a health risk assessment to help you better understand recommended lifestyle changes, child and elder care resource locators, and Homewood's proprietary e-courses.

Discover 24/7/365 access to EFAP support, services, and tools for you and your family on homeweb.ca.

How to Register for Homeweb

Visit www.homeweb.ca on the device of your choice — desktop, tablet, or mobile phone. Click "Sign Up", enter the information into the required fields, and choose an email and password. Once your registration is complete you will have a unique Homeweb profile and access to personalized resources.

Access EFAP Support Online

Homeweb.ca offers you options to confidentially and securely access EFAP support services including:

- **Online access** — arrange support services online by booking an appointment
- **e-Counselling** — exchange written messages with a professional counsellor via a secure online portal
- **e-Chat** — book an appointment for real time interaction with a counsellor in a secure chat room environment

Not sure where to turn?

Your Employee and Family Assistance Program can help.

Call your EFAP at:

1.800.663.1142 (English)

1.866.398.9505 (French)

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