

Your Employee and Family Assistance Program (EFAP)



Comprehensive Mental Health Support for You and Your Family

Prioritize your physical and mental health with comprehensive, personalized care. With easy access to care through virtual, phone, or in-person appointments, support is available when and where you need it. Services are available to employees and their eligible family members, including spouses and dependent children.

Mental Health Counselling

- **Immediate Counselling:** Connect instantly with a counsellor through our MeetNow feature, without needing to book an appointment.
- **Burnout & Stress Solutions:** Gain practical strategies to help you manage stress, restore balance, and enhance well-being.
- **Expert Network of Counsellors:** Get support for anxiety, stress, depression, or other mental health concerns anywhere in Canada.
- **Enhanced Mental Health Care:** Access structured, clinically supported counselling when ongoing or more specialized care is needed. Care can continue for as long as clinically appropriate based on your needs.
- **Sentio iCBT:** Online Cognitive Behavioural Therapy delivered through an interactive, engaging platform.



Digital Mental Health Platform

A simple-to-use platform personalized to your needs that acts as a gateway to your employee assistance services and mental health resources.

Wellness and Coaching

Proactive, Integrated Care

Coaching and resources that support your mental, physical, financial, and social well-being.



- Nutrition
- Lifestyle Changes
- Jumpstart Your Wellness
- Smoking Cessation
- Elder and Family Care
- Relationships
- Financial Guidance
- Legal Support
- Grief and Loss
- Stress Solutions
- Career Planning
- Workplace Issues
- Pre-Retirement
- Shift Work

Find the Right Counsellor for You

Racially, Culturally and Socially Aware

Homewood Pathfinder helps match you with providers based on identity and lived experience. Use our online booking system to review provider biographies before scheduling an appointment.

Your Employee and Family Assistance Program (EFAP)
Mental Health Counselling • Coaching • Support • Contact us 24/7

1-800-663-1142

International (Call collect): 604-689-1717

Online at: homeweb.ca

Access code: CV9750

