

Employee and Family Assistance Program

Dear Employee:

We are fseap, a National provider of **Employee and Family Assistance Program (EFAP)** since 1975 and Canada's only national not-for-profit EFAP provider. As part of our family you are covered by our services through your employer's benefit package. Below is some helpful information as to what services you are eligible for, what you can expect from us and how to access our services.

Practical Help for all of Life's Challenges

Whether you're going through a crisis or want guidance on your general well-being, your EFAP is here to help. Your EFAP offers immediate, confidential assistance to help you find the right options and solutions to navigate through life's simple and complex challenges. Our services are offered in person, over the phone, online and through video conferencing to meet you where you need to be. We will help

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|----------------------------------------------------|----------------------------------------|
| ✓ Build stronger family and personal relationships | ✓ Address depression and anxiety |
| ✓ Resolve conflicts | ✓ Cope with personal crises |
| ✓ Manage personal and job stress | ✓ Manage anger more effectively |
| ✓ Balance work and family | ✓ Address legal and financial problems |
| ✓ Address addictions and substance misuse | ✓ Deal with health-related concerns |
| ✓ Cope with separation and loss | |

Services Provided:

Confidential Counselling Services and Work/Life Services,
including Legal, Financial, Career, Nutritional, and Child/Eldercare Services.

[Learn More](#) Password: 2bwell

On-line Health and Wellness Resources.

[Learn More](#) Password: 2bwell

Video orientations.

[Watch Here](#)

Confidentiality:

Accessing the EFAP is completely private and confidential.

Eligibility:

The EFAP is available to you and any member of your immediate family, including your partner/spouse and your dependent children.

Cost:

None. All EFAP services are paid for by your employer and are completely free to you.

Contact us today.

Contact your EFAP for immediate, confidential assistance 24/7/365. We'll connect you with the right resources to help you achieve your goals

1-800-667-0993

www.fseap.bc.ca

Website password: 2bwell