



LIGHTENING THE

Mental Health

LOAD



asebp

You look in the mirror, readying yourself for work and think, everything will be okay today—you just have to put one foot in front of the other; you can do this. But as you stand there, your head swirls with a million other thoughts: you aren't good enough, you aren't strong enough and pretending to be okay is exhausting. The thought of questions from your colleagues about how you're doing is just too much to bear. The next thing you know, you're sitting on the bathroom floor, heart racing, wondering how you're going to make it through the day.

Sound familiar? If you're struggling with your mental well-being, it may be time to reach out for some assistance. Not sure where to turn? Let us help.

Your Employee and Family Assistance Program (EFAP), offered through our partnership with Homewood Health, is here to help lighten the load when it comes to your mental health. Whether you aren't feeling like yourself today and want to talk to a professional, need immediate, hands-on support or are simply looking for resources to proactively support your mental well-being, your EFAP can help.

WANT TO CONNECT WITH SOMEONE?

Assistance is just one, confidential call away. Homewood Health has numerous, highly-trained staff available 24/7 to help you find the resources and tools you need to make your way back to more balanced mental health.

When you call, you'll be asked a few questions to ensure you're directed to the best person for your situation.

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|-----------------------------------------------|---------------------------------------------------------------|
| ▶ English | ▶ Français |
| 1-800-663-1142 | 1-866-398-9505 |
| TTY: 1-888-384-1152 | ATS: 1-866-433-3305 |
| International (call collect):
604-689-1717 | Appels internationaux
(frais virés acceptés): 514-875-0720 |

PREFER TO WORK IT OUT ONLINE?

Register for a Homeweb.ca account to access handy online tools and resources like these:

- ▶ i-Volve: Homewood Health's online, self-paced cognitive behavioural therapy treatment program for depression and anxiety, bit.ly/homeweb7
- ▶ 360 Degrees of Mental Health, bit.ly/homeweb8a
- ▶ Taking Control of your Mood (e-course), bit.ly/homeweb9
- ▶ E-counselling (private conversations and chat), bit.ly/homeweb10

Remember... your EFAP is
here to help you, help yourself!

