

*October 1, 2015*



The ultimate destination for EFAP  
support, tools and resources.

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## **New Employee Family Assistance Program (EFAP) begins on October 1st**

Shepell, a leading Employee and Family Assistance Program (EFAP) provider will begin providing services to eligible employees on October 1, 2015. Shepell was selected together with health system partners, the Saskatchewan Cancer Agency, unions, and 3sHealth after a review process. The goal of EFAP is to ensure healthcare employees and their family members receive the best possible counselling, wellness services and value.

As the healthcare system transitions to the new provider, those currently receiving services from Homewood Health will be able to complete counselling with their current counsellor.

Shepell is the largest provider of Employee and Family Assistance Programs across Canada, as well as a leading provider of workplace learning and development solutions. They offer a wide range of confidential and voluntary service at no cost to employees and their families. Shepell has locations across Canada and has a counselling network of over 3,000 professionals with Masters level training and 5 to 10 years of EFAP training.

Counselling can be accessed in a number of ways including in-person sessions, by phone, on-line live chat, e-Counselling, video counselling, and text based resources for self-directed support. Shepell's 'MyEFAP' app provides mobile access to services from anywhere.

Services offered by the Employee and Family Assistance Program include:

- Short-term professional counselling
- Family support services
- Legal support services
- Financial support services
- Nutritional services
- Health coaching
- Specialized counselling and on-line programs

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The EFAP is completely confidential within the limits of the law. Employers will not know if there employees are using the service unless they choose to inform them.

To find out more about the EFAP services offered through Shepell visit [shepell.com](http://shepell.com), [workhealthlife.com](http://workhealthlife.com) or the [3sHealth website](#). Eligible employees may also obtain information from their employer's human resource department.