

Let us help

First Chat

Chat instantly and privately online with a counsellor or book your Employee and Family Assistance Program (EFAP) services.

Secure and confidential, First Chat provides real-time online conversation with our EFAP professionals for help with work, health or life issues.

Why use First Chat

- Instant and confidential support 24/7
- Immediate help from a counsellor, no appointment needed
- Easy way to book EFAP services
- Simple online chat session initiation with no software to install
- Privacy with secure data transmission and storage
- Conveniently available on workhealthlife.com and My EAP app

How to use First Chat

- Access First Chat on workhealthlife.com or My EAP app
- Select the stream of support you'd like: Chat with a counsellor or book a service
- Complete the short questionnaire
- Start chatting



Connect with us for confidential support or to learn more

Enjoy the convenience and privacy of **First Chat** through your EFAP on workhealthlife.com or **My EAP app**.

For immediate assistance, contact us at **1.844.336.3136** or visit workhealthlife.com



Download My EAP app now at your device app store or scan the QR code.



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