

## **EMPLOYEE AND FAMILY ASSISTANCE PROGRAM**



Riverside School Board's Employee and Family Assistant Program ("EFAP") by Morneau Shepell provides its employees and their immediate family (if applicable) with anytime, anywhere access to professional counselling, information and resources to help resolve challenges you face.

**Access your EFAP 24/7 by phone, web or mobile app.**  
**1-844-880-9142 (TTY 1-877-338-0275)**  
[workhealthlife](http://workhealthlife)

### **How to access the site and get started**

Visit [workhealthlife](http://workhealthlife) on the device of your choice—desktop computer or tablet. Mobile phone users will be directed to our My EAP app; our support tools on the app have been specifically designed for use on mobile phones.

### **To create a login**

To gain access to the site, you can register, login, search for your organization (soft login), or browse as a guest. Creating an account or soft login ensures you see the specific EFAP services and tools available to your organization. Through the registration process, you will create a unique profile with username and password. Each time you visit the site, login using your credentials to see what's available to you and quickly book services, access online programs, and more.

Visit the EFAP website, [workhealthlife](http://workhealthlife) and click "**Join for Free today**". Search for and click on Commission Scolaire Riverside where you will be prompted to create your own account.

**Please take time to read the information in both the Brochure and Fact Sheet that are attached which will give you a greater detailed explanation of what the EFAP has to offer.**

### **You have three easy ways to access EFAP support on [workhealthlife](http://workhealthlife):**

- Online Access provides a secure way to book most EFAP services
- First Chat allows you to instantly chat with a counsellor
- E-Counselling provides written exchanges with a counsellor via secure online portal

***EFAP's Care Access Centre is also available toll free 24/7***

### **KEY SITE FEATURES AND FUNCTIONALITY**

- Instant, confidential and secure access to EFAP services and counselling
- Direct access to EFAP online programs for stress, relationships, fitness and more
- Helpful articles and videos on a wide range of work, health and life topics
- Dedicated Manager area
- Employee Orientation video series to introduce the benefits of and range of concerns that your EFAP can help resolve
- Annual wellness calendar and archives of newsletters and mental health microsites

**\*\*Every session is 100% confidential\*\***

## Employee Assistance Program (EAP)



Let us help

Your Employee Assistance Program (EAP) provides you and your immediate family (if applicable) with **immediate and confidential help** for any work, health or life concern. We're available anytime and anywhere. Let us help.

[workhealthlife.com](http://workhealthlife.com)



## Understanding your Employee Assistance Program (EAP)

- Your EAP is a confidential and voluntary support service that can help you take the first step toward change.
- Let us help you find solutions to the challenges you face at any age and stage of life.
- Your EAP is completely confidential within the limits of the law. No one, including your employer, will ever know that you have used the program unless you choose to tell them.

### No cost

There is no cost to use your EAP. This benefit is provided to you by your employer.

Your EAP can provide a series of sessions with a professional for you and your immediate family if applicable and if you need more specialized or longer-term support, our team of experts can suggest an appropriate specialist or service that is best suited to your needs. While fees for these additional services are your responsibility, they may be covered by your provincial or organizational health plan.

Let us help



Access your Employee Assistance Program (EAP) 24/7 by phone or web.

**1.877.257.5557**

[workhealthlife.com](http://workhealthlife.com)

## Solutions for work, health and life

### Achieve well-being

- Stress • Mental health concerns • Grief and loss
- Crisis situations

### Manage relationships

- Communication • Separation/divorce • Parenting

### Deal with workplace challenges

- Stress • Performance • Work-life balance

### Tackle addictions

- Alcohol • Drugs • Tobacco • Gambling

### Find child and elder care resources

- Child care • Schooling • Nursing/retirement homes

### Get legal advice

- Family law • Separation/divorce • Custody

### Receive financial guidance

- Debt management • Bankruptcy • Retirement

### Improve nutrition

- Weight management • High cholesterol and blood pressure • Diabetes

### Focus on your physical health

- Understand symptoms • Identify conditions
- Improve sleep

**Services may vary depending on your program.**

**Login on [workhealthlife.com](http://workhealthlife.com) or call us to discover the services available to you.**

Access your EAP 24/7 by phone or web.

**1.877.257.5557**  
[workhealthlife.com](http://workhealthlife.com)

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



Let us help

# workhealthlife.com

24/7 access to Employee and Family Assistance Program (EFAP) support, tools and resources.

The EFAP website, workhealthlife.com, provides you and your family with anytime, anywhere access to professional counselling, information and resources to help resolve challenges you face.

## Key site features and functionality

- Instant, confidential and secure access to EFAP services and counselling
- Direct access to EFAP online programs for stress, relationships, fitness and more
- Helpful articles and videos on a wide range of work, health and life topics
- Dedicated Manager area
- Employee Orientation video series to introduce the benefits of and range of concerns that your EFAP can help resolve
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Download My EAP app now at your device app store or scan the QR code.



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## Connect with us for confidential support or to learn more

Make [workhealthlife.com](http://workhealthlife.com) your online destination for EFAP support and services.

For immediate assistance, contact us at **1.844.880.9142** or visit [workhealthlife.com](http://workhealthlife.com).



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

