

Homewood's comprehensive  
counselling services can assist you with:

MARRIAGE PROBLEMS • RELATIONSHIP PROBLEMS

FAMILY PROBLEMS • PARENTING SUPPORT

STRESS RELATED PROBLEMS • DEPRESSION

ALCOHOL OR DRUG USE • ANXIETY

ELDERCARE • EMOTIONAL ISSUES

WORK-RELATED ISSUES • GAMBLING CONCERNS

GRIEF AND BEREAVEMENT • VIOLENCE/ABUSE



# Improving Life



**HOMEWOOD**  
*Employee Health*

## Employee Assistance Program

Confidential Counselling

**24 HOURS A DAY, 7 DAYS A WEEK**

**1-800-265-8310**

[www.homewoodemployeehealth.com](http://www.homewoodemployeehealth.com)

### Qualified counsellors can help with:

Marriage Problems • Relationship Problems

Family Problems • Parenting Support

Stress Related Problems • Depression

Alcohol or Drug Use • Anxiety

Eldercare • Emotional Issues

Work-related Issues • Gambling Concerns

Grief and Bereavement • Violence and/or Abuse

**CALL 1-800-265-8310**

**24 HOURS A DAY, 7 DAYS A WEEK**

## Call your EAP

Confidential Counselling

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## What is an Employee Assistance Program?

An Employee Assistance Program, or EAP, is a confidential, short-term counselling service provided to employees and their eligible family members who may be experiencing personal or work-related problems. This confidential benefit is provided by your employer.

## What types of counselling services do you offer?

Our counsellors are trained Masters-level professionals in their field and can offer face-to-face counselling, telephone counselling or eCounselling. Our office locations are conveniently located close to your home or place of work.

## How can you ensure my information is kept confidential?

Homewood goes to great lengths to maintain the highest level of confidentiality and respect for individual privacy.

- No information about you can be released without your expressed written consent.
- There is no "paper trail" back to your company.
- The EAP maintains a position of neutrality between you and your employer. Employees seeking counselling do not jeopardize their employment status as all information is kept confidential within Homewood.

## How do I contact the EAP?

Contact is made directly by you or an eligible family member by calling Homewood's toll-free number, 1-800-265-8310, 24 hours a day, 7 days a week. After identifying the company that you are employed with, you will be asked to provide some general information that will ensure you are assigned the most appropriate counsellor in your geographic location for the kind of issue you wish to address. Following this call, you will receive a call back from the assigned counsellor and an appointment will be offered typically within a few business days.

If the nature of your call is urgent or time-sensitive, you will be connected with a counsellor immediately.

## How else can your EAP provide support?

If the issues brought forth require referral beyond the scope of the EAP, your counsellor will work with you to locate community resources which are financially feasible for you.



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