

# Manulife Employee and Family Assistance Program

We know that life has its challenges, and with Homewood Health™ we're making it easy for you and your family to get the support you need, when you need it, in a way that works best for you.

## I need help, what kind of support can I get?



### Counselling

24/7/365 By phone, video, in person or online

**1 866 644-0326**

To help you with issues such as stress, divorce, family issues, mental health issues, weight, smoking or general health issues, and more.

Short-term, solution-focused and centered around you, your goals and problem solving.



### Online Services

Easy access to online tools, resources and support.

Informative articles on a wide range of topics including, mental health, stress, addiction, relationships and lifestyle.

Online Cognitive-behavioural therapy (i-Volve).

Childcare and eldercare resources database.

Comprehensive and interactive e-Courses.



### Lifestyle and specialty coaching

Parenting and family care support, career coaching, financial and legal advisory and much more

A telephonic assessment of your needs by a specialist.

Information and coaching from experts in their field.

Customized searches for relevant resources; and up-to-date information including topical workbooks, articles and referral to online tools.



### Depression Care and Trauma Care

Specialized treatment focused on reducing the symptoms of depression and anxiety while building resiliency to assist in getting back to life.

Specialized treatment for individuals who are struggling with PTSD or trauma symptoms.

Call to see if these programs are right for you. Homewood Health will conduct a screening during your call to ensure an appropriate fit for the program

## How can I access the support and resources available to me?

By Phone 24/7 – **1 866 644-0326**

Online

- Sign in at [Manulife.ca/groupbenefits](https://Manulife.ca/groupbenefits)
  - Access EFAP resources under the Wellness centre
- If you don't have access to the Manulife plan member site, sign in at [manulifeEFAP.com](https://manulifeEFAP.com)



**Homewood**  
Health | Santé

### About Homewood Health

Homewood Health is the Canadian leader in mental health and addiction services. Homewood's complete suite of services includes organizational wellness, employee and family assistance programs, assessments, outpatient and inpatient treatment, recovery management, return to work and family support services, all customized to meet the needs of individuals and organizations.

Homewood Health is redefining mental health and addiction services to help Canadians live healthier, more productive and more fulfilling lives.

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Experienced, caring professionals



Easy, convenient access



Complete confidentiality



At no cost for you and your eligible family members