

Employee and Family Assistance Program (EFAP)

Services Included

Our EFAP program provides you with tools to support your mental health and well-being. You have free access to:

- Professional, short-term Counselling – in-person, telephonic, video, self-directed
- Career Support – optimize your career, resiliency and retirement
- Family Support – find solutions that meet your needs
- Financial Support – tools and resources to build a bright financial future
- Health Coaching – make the changes needed to be well and stay well
- Legal Support – expert, confidential information about how the law applies to specific situations
- LIFT Session Virtual Fitness – access your fitness journeys 24/7 on your mobile device
- Naturopathic Services – take a natural and holistic approach to the maintenance of good health
- Nutrition Services – maintain a balanced diet so you can achieve your goals

Eligibility

- All Corporate employees and their immediate family members.
- Franchise employees enrolled in the Franchise benefit plan, and their family members.

How to access?

- Reach out 24/7/365 at 1.844.880.9142
- www.workhealthlife.com
- Download the My EAP app in your app store
 - [Apple](#)
 - [Google Play](#)