

Walmsley EFAP

March 2021

Should You See A Counsellor?

To ask for help can be a difficult but crucial step towards self-improvement. The more we can be self-aware that we need help, the sooner we seek help, the faster we will get back on track.

Here are a few signs that we should be aware of, that may prompt us to seek professional help.

- Difficulty regulating emotions.
- Underperforming at work / school.
- Self-medicating with drugs / alcohol.
- Feeling hopeless.
- Lose interest in hobbies and activities you usually love.
- You are grieving.
- You have experienced trauma.
- Struggling to maintain or build relationships.
- Experiencing changes in appetite or sleep patterns.

Walmsley.ca Login Info

Username: Langford

Password: efap

LFR M.E.D.S.

Walmsley Employee and Family Assistance Program

The purpose of this article is to clarify how to utilize the EFAP and to answer the several questions about the Walmsley Employee and Family Assistance Program that have been asked.



How and where do I start?

By phone 1-800-481-5511, by email via online form, or by live messaging Monday – Friday 0830-1700 on their website, walmsley.ca

Is it truly anonymous?

Yes. The employer will only receive statistical data, such as how many people from the organization are attending counselling services.

How do you know which counsellor to see?

Although you may not find your ideal counsellor immediately, Walmsley will match you up by asking for the reason you are seeking help and pairing you with a counsellor that specializes with that subject. There are also counsellors available who are familiar with first responders.

You can also review counsellors on the website by looking at their biographies and seeing who you think you will match up with the best.

In person, online, or over the phone?

All the above. Currently video chat is the most popular and many find it comforting being able to attend counselling from home. By choosing phone or video counselling you also broaden your available counsellors to the whole province, however there are still in-person sessions available.

Does it need to be Langford Fire related?

No. It does not need to be trauma or stress caused by incidents while on shift. If you are experiencing grief and loss, marital issues, depression, anxiety, or any other mental health struggles, you may use the EFAP.

Who can use the EFAP?

All members and their immediate family are entitled to Walmsley employee services. Spouses, children 19 and under, and children 19-25 who are taking post-secondary education or living at home.