

# Meet, Talk & Connect



## Employee & Family Assistance Program



At Walmsley EFAP, we understand how difficult asking for help can be and invite you to take this first step. We do our best to make your experience with us as comfortable and stress-free as possible.

Whether it be personal issues or issues related to family, relationships or work, we hope you will feel at home with us.

### **What is an Employee and Family Assistance Program (EFAP)?**

Employees are often affected by personal or family problems which impact on work performance. The EFAP provides access to professional counsellors who are trained to assist in resolving these difficulties. Your employer has instituted this program out of concern for employees and work productivity. The program is voluntary and confidential and is contracted to Walmsley EFAP.

### **Who is the program for?**

During the normal course of life, individuals, couples, and families may experience a difficulty or crisis in relationships, dissatisfaction with life, grief, depression or anger. These difficulties are understandable given the personalities and life experiences of the individuals involved. With some assistance these events can be a turning point in our lives and create a foundation for greater fulfillment in the future.

### **What does the program cover?**

EFAP services cover a wide range of issues that may be affecting your personal, family or work well-being. Some examples could include: Individual and family crisis. Grief and loss. Stress and anxiety. Career and work. Drug and alcohol abuse. Anger. Couple and marital difficulties. Accidents. Emotional trauma. Depression. Financial. Adolescents. Children.

### **What can I expect from a Counsellor?**

Your counsellor will assist you in identifying the issues and work toward solutions. Counsellors with Walmsley generally use a collaborative model of therapy and you can expect to develop a relationship with your counsellor. Your counsellor will remain objective and professional. You will be given guidelines and suggestions in the process of change or recovery and you will be invited to ask questions and decide what is useful. You are encouraged to draw on other resources and are assisted in developing your own network of support. You may be provided with information and referred to specific books and resources, some of which may be in our online Wellness Library. As individual problems usually develop over a long period of time, a number of sessions may be required to address the issues.

### **Will my employer find out that I am involved in counselling?**

Your employer does not need to be involved in the decision for you to access services. You may call directly and make an appointment to see a counsellor without the knowledge of your employer or co-workers. You will be asked to identify your employer for statistical purposes. No other information will be supplied to your employer unless you have given written consent.

### **Who provides the service?**

Walmsley EFAP is a professional counselling firm with experience in Employee Assistance Programs.

All counsellors are qualified at the master's level and have a variety of experience and education in the field.

Please ask your counsellor for details or visit our website to view their biographies.

### **Virtual Counselling.**

We also provide virtual counselling sessions for those individuals who are either unable to meet directly with a counsellor or prefer this method of counselling. Online counselling can be done by video, telephone, email, or chat.

Please visit our site at [walmsley.ca](http://walmsley.ca) for more information.

**Call: 1-800-481-5511**

**Visit: [walmsley.ca](http://walmsley.ca)**

**Email: [info@walmsley.ca](mailto:info@walmsley.ca)**

**Chat: [walmsley.ca/contact-us](http://walmsley.ca/contact-us)**

