

Areas of Counselling

- » Marital and Relationship
- » Stress and Anxiety
- » Depression
- » Substance Abuse
- » Legal and Financial
- » Bereavement
- » Family and Parenting
- » Career and Vocational
- » Anger Management
- » Diet and Nutrition
- » Self Esteem
- » Work-Related Stress
- » Harrassment



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Live, work, and play *well*.

Employee and Family Assistance Program

24 HOURS A DAY
ANYWHERE IN NORTH AMERICA
1-800-661-8193

www.humanacare.com



HumanaCare
Live, Work, and Play Well



Employee and Family Assistance Program

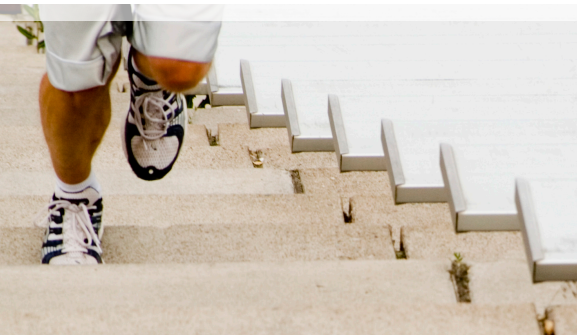


Live, work, and play well!

HumanaCare encourages individual work-life balance for personal and business success. For nearly three decades, companies and employees have flourished from our caring expertise in organizational health services delivery.

SERVICES

- » Face to Face Counselling
- » E-coaching - Remote Life Training
- » HumanaLife™ - Online Wellness Training
- » Management Consultation
- » Substance Abuse Assessment / Referral
- » Career Development
- » Legal Advice
- » Financial Planning
- » Critical Stress Management
- » Wellness Seminars



What is behind the door to your EFAP?

Your EFAP is a confidential and voluntary wellness services available to all eligible employees and their family members. The program is designed with proactive measures in mind, to help with work and life issues before they become more serious.

Is it Confidential?

Yes. Confidentiality is vital to HumanaCare. Your employer will never know if you have used the service unless you tell them.

How much does it cost?

There is no cost to you. Your organization has sponsored a series of counselling appointments, in addition to the other services provided. In cases where long-term or more specialized services are required, a HumanaCare counsellor will guide individuals through their options. There may be additional charges for more extensive counselling; however often these are covered through other extended health benefits.

What is the first step?

Call us 7 days a week, 24 hours a day! Our caring professionals will clarify your needs and help you gain access to the appropriate services in your area.

Barriers to seeking support

DENIAL

- » *I don't have any real problems*
- » *This isn't my problem to fix*
- » *I can handle it*

SOCIAL STIGMA

- » *I am a failure*
- » *I am the only one with problems*
- » *I don't want to seem weak*

KNOWLEDGE

- » *Where do I turn?*
- » *Who can I trust?*
- » *What do I do?*



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