



REMEMBER

For assistance and connection to appropriate agencies, please speak to your family doctor who can also make a referral to a behavioural health consultant. The behavioural health consultant will provide support and guidance in getting you the services you need.

Please talk to your family doctor about PCN services.

edmontonsouthsidepcn.ca

EMPLOYEE ASSISTANCE PLAN

→ *The Employee Assistance Plan's (EAP) goal is to increase workplace wellness. Each employer may provide an EAP as part of the benefits package. They may offer support for employees and their families that may include:*

1. Individual counselling
2. Couples and family counselling
3. Addictions treatment
4. Nutritional counselling
5. Anger management
6. Budgeting assistance
7. Stress management

These services are covered through the EAP with little or no out-of-pocket expense to the employee. Once a person calls the EAP provider, a brief telephone interview takes place to assess the person's needs.

The information given to the EAP provider is confidential and will not be shared with the company. The employer is billed for the services but is not informed which employee access the EAP.

The EAP is designed for working people. The service hours are

flexible. This reduces the need for employees to take time off work. The waitlist to access services through the EAP is often much shorter than the waitlist to access a private or government-funded agency. Additionally, the EAP provides alternative and more convenient forms of support like telephone or online counselling.

Check with your human resources department to find out which EAP providers are approved. Common EAP providers in Edmonton are:

- Sheffel-FGI
- Wilson-Banwell
- Humanacare

* Other terms for EAP are EFAP (Employee Family Assistance Plan), LifeBalance and WorkBalance Program.

If you are unsure if your employer has an EAP, contact your human resources department. If you are not comfortable contacting HR, speak to your family doctor. They will connect you with a behavioural health consultant. The behavioural health consultant can speak to your employer on your behalf without divulging any information. They will help you get the support you need.