



Your Employee Assistance and Mental Health Program

How it Works

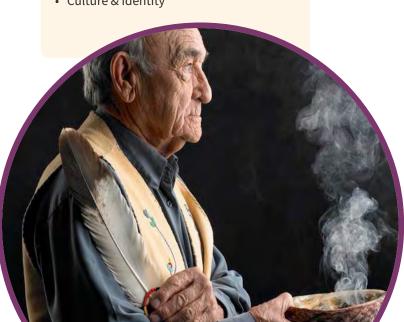
Employees complete an online assessment in just a few minutes or call us and speak with a Homewood care representative to start their journey. We'll create a personalized care plan unique to each employee.

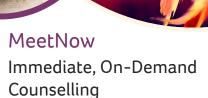
Mental Health Counselling

For all of life's challenges

Mental health counselling accessible in-person, by phone or by video.

- Burnout & Stress
- · Depression
- Anxiety
- Life changes/transitions
- · Relationship, Couples & Family
- · Grief & Loss
- Addictions
- Workplace Issues & Anger
- Culture & Identity





Your employees can connect instantly with a mental health counsellor. No need to book an appointment. With MeetNow it's never been easier to get help.

Indigenous Support

Homewood is one of the largest EAP providers to Indigenous peoples in Canada.

- Elder and Knowledge Keeper Access
- Counsellor matching with experts in Indigenous & First Nations Culture, Residential School System and/or Racism
- Network of over 500 registered licensed counsellors specialized in Indigenous Culture
- Clinical experts experienced working with Indigenous, Inuit, Metis, First Nations



Mental Health Counselling

Make meaningful and lasting change with expert mental health counselling you can count on.
Get on-demand mental health care, access digital cognitive behavioural therapy, or meet in-person with a counsellor.



Employee Assistance & Wellness

Get integrated wellness and coaching to support your mental, physical, social and financial well-being. We help you put your needs first with a modern personalized program, as unique as you.



Maximum Choice

Maximum choice means you get to decide how and when to access care. Get a fully online experience with our personalized digital mental health platform or call to speak a care advocate for the warmth of a live voice.

Access Specialized Care Today.

All calls are completely confidential. Support available 24/7.

1-800-663-1142 | TTY: 1-888-384-1152 | International (Call Collect): 604-689-1717

Online at Homeweb.ca

How do I connect with an elder?

- Call 1-800-663-1142 and request Elder/Knowledge Keeper Support
- Provide us with your 'identified' Elder information
- If you do not have an Elder/Knowledge Keeper, we will connect you with a professional counsellor specialized in Indigenous Culture

What if I'm in crisis?

• Please call 911, your local emergency service or call us at the numbers listed above.



Find out more about your Pathfinder coverage here:

