

# 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



### MeetNow

#### Immediate, On-Demand Counselling

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](https://www.homewood.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.

