

EMPLOYEE & FAMILY ASSISTANCE PROGRAM

The District's EFAP provider is Morneau Shepell, chosen by your Union and District representatives. This professional service is 100% confidential – no one at work will know that you have contacted the EFAP unless you want to share that yourself. Counsellors will not leave messages, and their telephone numbers cannot be accessed by "star 69". If you need to meet with a counsellor during the day, you would request a day off for sick leave, or arrange to meet a counsellor after hours or on weekends. On-line counselling is also available. This support network is aimed at helping you achieve and maintain an excellent level of emotional and physical health and overall well-being. For more information, please visit www.workhealthlife.com.

[Registration Form](#)