



School District 84 - Vancouver Island West

What is the Employee and Family Assistance Program?



This program provides professional, **confidential** assistance to you, your spouse and your children. Feel supported and connected with a confidential Employee Assistance Program (EAP) and innovative wellbeing resource. Life can be complicated. Get help with all of life's questions, issues and concerns with TELUS Health. Any time, 24/7, 365 days a year. We offer support with mental, financial, physical and emotional wellbeing. Whether you have questions about handling stress at work and home, parenting and child care, managing money, or health issues, you can turn to TELUS Health for a confidential service that you can trust.



Life

- Retirement
- Midlife
- Student life
- Legal
- Relationships
- Disabilities
- Crisis
- Personal issues



Family

- Parenting
- Couples
- Separation/divorce
- Older relatives
- Adoption
- Death/loss
- Child care
- Education



Health

- Mental health
- Addictions
- Fitness
- Managing stress
- Nutrition
- Sleep
- Smoking cessation
- Alternative health



Work

- Time management
- Career development
- Work relationships
- Work stress
- Managing people
- Shift work
- Coping with change
- Communication



Money

- Saving
- Investing
- Budgeting
- Managing debt
- Home buying
- Renting
- Estate planning
- Bankruptcy

The District's EFAP provider is LifeWorks, 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 <https://sd84.lifeworks.com/home>

What is the cost?

This is a 50-50 cost-share program with the District and the employee, each paying **\$4.36 per month**. Remember, also, that \$4.36 per month not only covers yourself – but your spouse and dependents. There's a toll-free Canada-wide number to call, 24 hours a day, seven days a week: 1-844-671-3327. If you have kids going to college or university elsewhere in the country, help is available to them wherever they are – they simply have to pick up the telephone.

Please complete the form below and return it to the Payroll – Theresa McCaw payroll@viw.sd84.bc.ca
If you have any questions, please contact the HR Department Jason Corday hr@viw.sd84.bc.ca in the School Board Office. You are encouraged to participate.

Payroll Deduction Authorization Form – Employee & Family Assistance Program

Please check on the following, YES ☐ NO ☐

I, (please print)

hereby authorize School District 84 to deduct and remit my monthly fee to the Employee and Family Assistance Program provider for the District. This deduction will continue as long as I am an employee of this District, or unless I terminate this authorization in writing. I understand that, once I terminate this authorization in writing, I will no longer be eligible for participation in the program.

Employee Signature

Date