

# Your work-life wellness resource

## Homewood Health Employee and Family Assistance Program



Facing a life challenge? Overwhelmed at work? Struggling with stress or dealing with debt? Or maybe you're seeking support to help you lose weight, quit smoking, or plan for the future.

Homewood Health® can help with many of life's questions, issues and concerns anytime, 24/7, 365 days a year. Their counselling model is second to none, and includes over 4,500 counsellors and clinical professionals.

### Help with life, health, family, money, work and everything in between.

Homewood is a full-service employee and family assistance program (EFAP) and health and wellness resource. Homewood provides confidential support through face-to-face, phone, email, chat or video counselling. Their online portal serves you interactive tools, assessments and e-courses that match your interests.

Services are available 24 hours a day, seven days a week, 365 days a year.

No matter what kind of issue you're dealing with, you will receive the most appropriate, most timely support.

To learn more, visit [EquitableHealth.ca](https://EquitableHealth.ca) and click on [Equitable HealthConnector](https://EquitableHealthConnector.com).

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### Homewood provides

- **Secure website:** [Homeweb.ca/equitable](https://Homeweb.ca/equitable), the Homewood online portal, contains hundreds of articles and resources, such as e-books, toolkits, quizzes and self-assessments, podcasts, full-length audio recordings and more.
- **Counselling:** Homewood's national network of counsellors are available to connect in-person, by phone, email, chat or video.
- **Online tools:**
  - **Health Risk Assessment:** Available online through [homeweb.ca/equitable](https://homeweb.ca/equitable), the Health Risk Assessment (HRA) takes about 10 minutes to complete. Answer questions about your health and lifestyle habits to receive an individualized report on potential areas of health risk in your life, with information on how to make positive changes.
  - **Internet-based Cognitive Behavioural Therapy (iCBT):** Sentio, Homewood's iCBT platform, can provide online support for managing symptoms of anxiety, depression and more. With your EFAP, you can also access a counsellor-assisted version of Sentio. The counsellor provides guided support and unlimited messaging for up to 12 weeks.
- **Free mobile app:** Simply search for "Homewood" in the Apple App Store or Google Play.

### How it works

You can call Homewood toll-free, 24/7, at 1-888-707-2115, to connect confidentially with a consultant for help managing your health and well-being in a way that fits with your life. You can also log in at [homeweb.ca/equitable](https://homeweb.ca/equitable) or connect with Homewood via mobile app any time.