

Continued Support

Following a Traumatic Event

You may be experiencing difficulty sleeping, concentrating or meeting daily demands.

Immediate and confidential support is available to you and your family at no cost through our Shepell-fgi **Employee and Family Assistance Program (EFAP)**.

Professional counselling, consultations and health & wellness resources can help with stress, anxiety, grief, financial challenges and more.

Access your EFAP 24/7/365

Call

Shepell-fgi Care Access Centre
1 800 387-4765

Visit workhealthlife.com

Read and share health & wellness articles
E-Counselling registration and portal login
First Chat for instant online chat with a counsellor

Download My EAP mobile device application

On-the-go support with health & wellness articles, videos
E-Counselling registration and portal login
Interactive stress tool
Free download at shepellfgi.com/myeap or scan QR code now

