

Eligibility

Who is eligible?

The EFAP is available to employees of the University of Toronto who are eligible to participate in the University's group benefit programs, and their dependents: spouses, partners (including same-sex partners) and dependent children. This program is provided at no cost to you.

Support Programs

Offered by the University of Toronto

The EFAP enhances the existing University of Toronto support programs available to staff and faculty outlined below. Where appropriate the EFAP will refer you to these services. For links and detailed information, please go to www.equity.utoronto.ca.

Anti-Racism & Cultural Diversity Office
416.978.1259

AODA Office
416.978.7236

Career Development (ODLC)
416.978.2066
www.odlc.utoronto.ca

Community Safety Office
416.978.1485

Faculty & Academic Life
416.978.1855

Family Care Office
416.978.0951

Health & Well-being Programs & Services
416.946.0537

Quality of Work / Life Advisor
416.978.8539

Sexual & Gender Diversity Office
416.946.5624

Sexual Harassment Office
416.978.3908



Homewood Health | Santé

For confidential assistance
24 hours a day, 7 days a week,
365 days a year, please call
1.800.663.1142

⬇ Please retain the card below for your records.

Employee and Family Assistance Program

Counselling | Coaching | Support

1.800.663.1142

TTY: 1.888.384.1152 | International (Call collect): 604.689.1717

www.homewoodhealth.com

Confidential | Available anytime 24/7/365



Counselling
Coaching
Support

Achieving your health and wellness goals just got easier

Your Employee and Family Assistance Program (EFAP)



UNIVERSITY OF
TORONTO


Homewood
Health | Santé

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365 days a year, please call **1.800.663.1142**

What is an EFAP?

Helping you achieve optimal health.

Confidential short-term counselling and work-life support services provided independent of your employer. Your EFAP helps you take practical and effective steps to improve well-being and be the best you can be.

Counselling

For all of life's challenges

Within a supportive, confidential and caring environment you can receive counselling for any challenge:

- Family
- Marital
- Relationships
- Addictions
- Anxiety
- Depression
- Life transitions/change
- Grief/bereavement
- Stress
- Other personal issues

You and your counsellor will identify the challenges you wish to address and together you will decide on the best course of action to achieve your goals.



Referrals

For longer-term counselling

If long-term or specialized counselling is required, the counsellor will assist you with a referral to another resource within your community. This referral may involve a fee.

Choices

Counselling that's convenient for you.

Counselling is available in person, by phone, or online. There is no cost to you. Offices are local and appointments are made quickly, with your convenience in mind. Have a preference for location, gender, language, appointment time? We'll do our best to accommodate your preferences.

Plan Smart

Lifestyle and specialty counselling

You can receive counselling and coaching for a variety of life balance and health issues, or get expert support to manage your career better. Plan Smart services are available by phone.

Health



- Nutrition
- Lifestyle Changes
- Weight Management
- Smoking Cessation

Life Balance



- Childcare and Parenting
- Elder and Family Care
- Relationships
- Financial
- Legal

Career



- Career Planning
- Workplace Issues
- Pre-Retirement
- Shift Work

Confidentiality

We guarantee your confidentiality.

We are Homewood Health™, a trusted Canadian company with years of experience delivering the best possible support for clients like you. Everyone is guaranteed confidentiality within the limits of the law. You won't be identified to anybody—including your employer.

Online Resources

The right information at the right time

Access our Member website anytime for e-Learning, interactive tools, health and wellness assessments, and a library of health, life balance, and workplace articles.

E-Learning courses

Access a variety of e-courses that focus on improving personal well-being and life skills effectiveness. Each e-course presents practical lessons and activities that guide learners to help change their thinking, feelings, and ultimately, their behaviour.

Child and eldercare resource locators

Conduct customized searches by keying in your specific requirements and you will have immediate access to information on a wide variety of child and eldercare services in your specified location.

Contact Information

Contact us 24 hours a day, 7 days a week,
365 days a year

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