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

- AODA Office
  416.978.7236

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

- Community Safety Office
  416.978.1485

- Faculty & Academic Life
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  416.946.5624

- Sexual Harassment Office
  416.978.3908

For confidential assistance 24 hours a day, 7 days a week, 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.

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.

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.

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

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.

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.

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.

Contact Information
Contact us 24 hours a day, 7 days a week, 365 days a year
1.800.663.1142
TTY: 1.888.384.1152
International (Call collect): 604.689.1717
www.homewoodhealth.com

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

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