



# Reconnect with your community.

Strengthening and rebuilding connections with our loved ones, friends and peers is essential to our physical and mental well-being as we continue to find our way through the COVID-19 pandemic. Reach out to your Employee and Family Assistance Program (EFAP) for relationship counselling, coaching and other supports at 1-800-663-1142 (English) or 1-866-398-9505 (French). Visit [asebp.ca/mentalhealth](https://asebp.ca/mentalhealth) for information and advice on rebuilding your social connections.



**IT TAKES A VILLAGE.**  
**#THINKSHAREHEAL**  
**#YOURASEBP**