



I want to talk to someone. What's the best path for me?

IF YOU ARE

- Hoping to boost your feeling of well-being
- Wanting to cope with stress
- Feeling anxious or depressed
- Managing an addiction
- Unsure of how to approach a family or relationship issue
- Preparing for a life change

Get in touch with your Employee and Family Assistance Program (EFAP)

- It's short-term, goal-focused counselling that's 100% confidential.
- EFAP counsellors help you develop a plan by providing practical information, strategies, and tools to help you meet a personal, family, or health goal.
- Available at no cost to ASEBP covered members and their dependants.
- If your needs change or you require longer-term support, EFAP will help you transition to a community provider covered by your ASEBP benefits.
- EFAP counsellors hold credentials in Canada, including a master's degree in counselling, 10 years of training and at least seven years clinical experience.

Request an in-person, phone, or virtual counselling session [by calling EFAP anytime](#), 24/7, at 1-800-663-1142 (en Français: 1-866-398-9505).

If you need more support, lean on your ASEBP psychology benefit

- For long-term counselling or therapy.
- They can help you or your dependants understand, explain, and make positive changes to address deep-rooted thoughts, emotions, habits, behaviours, or medical diagnosis. Treatment can continue over a longer period (weeks, months, or years).
- Use your [ASEBP benefits](#) and/or [health spending account](#) to help cover the cost of these treatment fees.
- Talk to a [Registered Psychologist](#) or person holding a [Master of Social Work degree](#), registered to practice in Alberta.

Available in-person, by phone, or via virtual meetings. Visit our [mental health hub](#) for online look-up tools (under 'Online Networks and Support').

Still not sure? Your family doctor can give you advice based on your needs.

Your ASEBP extended health benefits cover a range of medications that can help support your mental and physical health, as prescribed by your family doctor. Visit [asebp.ca](#) for details.



If you have questions about your ASEBP benefit coverage, please call us 1-877-431-4786 or email benefits@asebp.ca