



# Unwind. Recharge.

Taking some well-deserved time to unwind and recharge your mind, body and spirit this summer can help you reassess your wellness goals and create positive new routines. Reach out to your Employee and Family Assistance Program (EFAP) for counselling, coaching and other supports related to relationships, nutrition, and goal setting at 1-800-663-1142 (English) or 1-866-398-9505 (French). Visit [asebp.ca/mentalhealth](https://asebp.ca/mentalhealth) for information and advice to boost your well-being.



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