



Your Employee and Family Assistance Program by Inkblot

An Employee and Family Assistance Program (EFAP) is an important part of your healthy living toolkit. While these programs are often known to help in crisis situations, they offer much more than just counselling. Learn about the EFAP your employer provides you as part of your ASEBP benefits, which is offered by ASEBP's partner Inkblot.

i You can confirm enrolment in the EFAP by checking your ASEBP ID card or My ASEBP account.

Inkblot is a Canadian company aiming to create the world's most accessible EFAP. Inkblot is built on a foundation of evidence-based approaches to employee wellness using the latest advances in research and innovative technology. They are headquartered in Toronto, Ontario, with employees and clinicians working in cities, towns, and rural areas across Canada.

Available Services

Each calendar year, you and your dependants each have access to an allotment of confidential support services, free-of-charge, which include:

Counselling

Individual

Four Hours Per Calendar Year

If you're struggling with feelings of depression or anxiety, or you simply want to talk through a difficult situation with someone, your EFAP can connect you with a counsellor to provide support.

Using Inkblot's unique matching algorithm, you get to choose the counselor you work with based on your unique personal and therapeutic needs. You also have options when it comes to how your counselling session is provided: you can have sessions virtually (via Inkblot's secure video platform), over the phone, or in person.

i When answering Inkblot's Care Provider Matching questionnaire, you can narrow your counsellor search to very specific needs and preferences. Note that doing so may limit the number of counsellors with whom you match. Prioritizing your preferences may increase the number of counsellors you match with and enable you to book an appointment more promptly.

Couples

Four Hours Per Calendar Year

From new relationship challenges to support when thinking about separation, your EFAP can match you with a counsellor who can help you and your partner discover what's best for you both. Appointments can be booked for 60 or 90 minutes and are accessible in the same manner as individual counselling sessions.

i Once all counselling hours are used, you can continue with your chosen mental health professional at a discounted rate and submit your receipts to ASEBP for reimbursement through your extended health benefits or health spending account. To learn more about this, see [this resource](#).

WorkLife Advisory Services

Health Coaching

Four Hours Per Calendar Year

Information and counselling on adaptive and preventative health and well-being like quitting smoking, eating a more balanced diet, and even how to navigate the health care system. This service offers support from registered nurses, dietitians, and more.

Career Coaching

Four Hours Per Calendar Year

Want to make a move in your career but are unsure of the next steps, or maybe your high-school-aged dependant would like to discuss career options? This service can help with coaching and guidance for career exploration, management and transitions, as well as support in preparing for retirement.

Life Transitions

Four Hours Per Calendar Year

Big changes in life (think: becoming a parent or planning to retire) often come with big emotions. This service can help you work through them all by providing information and support on a wide range of topics including family planning, parenting advice, eldercare planning, support through marriage, divorce, becoming an empty nester, and more.

Financial Advice

As needed, no yearly limit

(offered in 30-minute sessions)

Offers personal guidance from financial advisors on topics ranging from tax questions, managing debt, saving for the future, budgeting, and more. Services are provided by Acquaint Financial.

Legal Advice

As needed, no yearly limit

(offered in 30-minute sessions)

Access legal professionals who can provide advice on things like real estate, divorce, custody and child support, wills and estate planning, family matters, consumer concerns, criminal matters, and legal rights. Please note this service cannot be used for advice on legal matters involving your employer or employment.

Accessing Services

You can access any of the services your EFAP offers through the [Inkblot portal](#), by calling 1-855-933-0103, or by using the Inkblot app.

On the Inkblot portal, you can:

- Complete a matching questionnaire that provides you with a shortlist of potential counsellors from which to choose.
- Book, reschedule, and cancel appointments with counsellors.
- Chat with your counsellor via secure messaging between sessions.
- Connect with advisory services (health coaching, legal advice, etc.).
- Access the Inkblot Wellness Hub—a resource centre providing articles on a range of mental health topics.



To register for the Inkblot portal:

1. Visit InkblotTherapy.com/ASEBP
2. Click **Get Started** in the top right corner.
3. Use the **Search** tool to find your employer.
4. Enter your **ASEBP ID**.
5. Follow the on-screen prompts to complete your account.

By calling Inkblot, you can:

- Receive immediate mental health support if you are in crisis.
- Complete a condensed version of the matching questionnaire and have potential counsellor information emailed to you (non-crisis support).
- Get help accessing any of the services your EFAP offers, including booking counselling and WorkLife Advisory appointments.

On the Inkblot app, you can access all the same services as the Inkblot portal, including having counselling sessions. Things to know about the app:

- You must have an Inkblot portal account before you can use the app.
- You can set up push notifications to get appointment reminders.
- Available to download on Android and Apple devices; simply search for “Inkblot” in your device’s app store.

With so many services offered, you’re sure to find one that works for you and can help you navigate your wellness journey.



Be sure to check out the EFAP page on [It Takes a Village](#) for more information about your EFAP and resources to help you make the most of this program.

Contact

For questions about your ASEBP benefits, please contact an ASEBP benefit specialist:

Email: Benefits@asebp.ca

Toll-free: 1-877-431-4786

For questions related to your Inkblot account, please contact Inkblot:

Email: Support@InkblotTherapy.com

Toll-free: 1-855-933-0103

