

# Your Employee & Family Assistance Program (EFAP) is just a click away.

Accessing confidential mental health counselling is simple:



Match with a qualified counsellor based on your needs and preferences



Book a session with your chosen counsellor



Confidential counselling at a time and place that suits you

Your EFAP offers confidential help for work, life and health challenges including:

- ✓ Mental health management
- ✓ Stress reduction and management
- ✓ Relationship and family support
- ✓ Legal and financial consultation
- ✓ Research and advisory services

[INKBLOT THERAPY.COM/ASEBP](https://inkblottherapy.com/asebp)



**Inkblot**

