



INKBLOT EFAP



Work, Health & Life:

# Life Transitions

Mental health is never one-size-fits-all. Here at Inkblot, we understand that it often takes more than just therapy for employees to live and feel their best.

It is no secret that life transitions can be challenging to navigate without support. While they can often signal the start of an exciting new chapter, life transitions also involve significant change and uncertainty. That's why, as part of our Employee and Family Assistance Program (EFAP), Inkblot provides support for life transitions and life coaching through our Work, Health & Life Services.



[inkblottherapy.com/asebp](https://inkblottherapy.com/asebp)



## WORK, HEALTH & LIFE: LIFE TRANSITIONS



### Get support with:

- Becoming a new parent
- Family planning
- Eldercare
- Navigating child care
- Relationships
- Moving homes
- Parenting kids and teens
- Adjusting to a new workplace
- Empty-nesting
- Aging

And more

### How It Works:

- 1 Employees submit a request for Life Transitions via their Inkblot account or by calling Inkblot directly 1-855-933-0103.

---

- 2 They provide a brief description outlining their main objectives and identify the areas they need support with.

---

- 3 Inkblot's health team evaluates the request and refers the employee to a counsellor best-suited to address their needs.

---




WORK, HEALTH & LIFE: LIFE TRANSITIONS

# Inkblot Client Journey



**Client Profile:** Amari

Age 33 · Procurement Manager, New Parent

Inkblot EFAP Client

Amari's life took a remarkable turn when she and her partner decided to become parents. While the arrival of their bundle of joy filled their hearts with love and excitement, the once familiar rhythm of their lives was replaced with a whirlwind of sleepless nights, endless diaper changes, and the constant need to tend to their baby's needs. After a couple weeks, Amari is feeling overwhelmed and it's clear that she needs support in establishing healthier routines to manage the new responsibilities in her life.

Determined to provide the best for her child, Amari decides to find a life transitions coach specialized in supporting new parents by accessing her Inkblot EFAP. Through the Inkblot account, she submits the request and an Inkblot nurse schedules a consultation to better understand her concerns within 24-72 hours. Shortly after the consultation, she is matched with an ideal postnatal coach that meets her specific needs. With the support of her coach, Amari is able to gain personalized insights, strategies, and advice on how to manage the demands of a growing family, and adapt to the countless transitions that lay ahead.



[inkblottherapy.com/asebp](https://inkblottherapy.com/asebp)

