

INKBLOT EFAP



Work, Health and Life Services

We understand that it takes more than just therapy to live and feel your best.



Through your Inkblot Employee and Family Assistance Program (EFAP) you can access Inkblot Work, Health and Life Services for help navigating all life's challenges.

In just a few clicks, our platform helps connect you with trained experts including registered nurses, nutritionists, financial coaches and more to help you achieve your goals.



inkblottherapy.com/asebp





How we can help:

Work and Career

Our career consultants are ready to help you take your career to the next level.

- 📁 Professional development
- 📁 Career transitions
- 📉 Workplace stress or conflict
- 🔄 Adapting to a changing workforce

Health and Nutrition

The mind and body are connected. Our dietitians and health experts are here to help you feel your best.

- 🍏 Nutrition advice
- ⚙️ Illness and disease management
- 🚭 Smoking cessation
- ❤️ Weight management
- ⊕ Preventative health and well-being support

Legal and Financial

Get professional financial and legal advice to empower you to make the right decisions.

- 📊 Budgeting, investing, and retirement planning
- 💰 Credit management, and mortgage planning and taxes
- 👪 Family conflict
- 📜 Wills and estate planning
- ⚖️ Criminal matters
- 📄 Consumer concerns and property law

Life Transitions

We all experience change. Get support through it all with Inkblot's health team.

- 👶 Becoming a new parent, and navigating childcare
- 📅 Family planning
- 👴 Eldercare support
- ❤️ Relationships
- 🏠 Moving homes
- 😊 Parenting kids and teens

