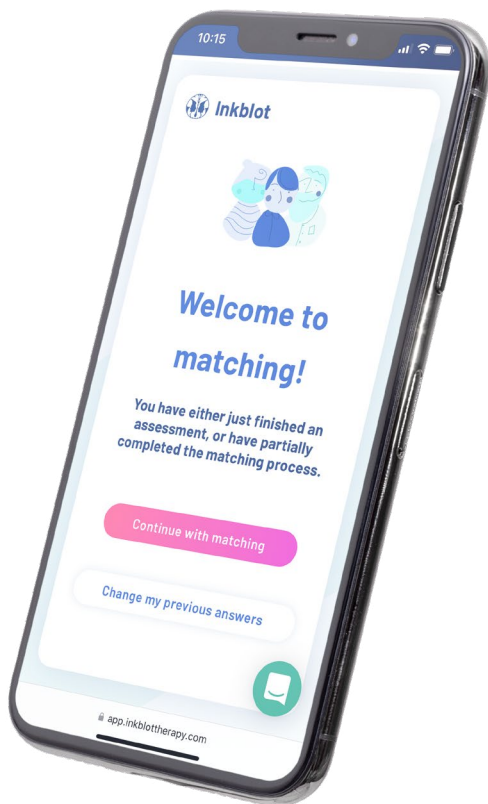




ACCESSING YOUR EFAP VIA THE INKBLLOT MOBILE APP



Access your Employee and Family Assistance Program through the Inkblot mobile app

- 1 Go to inkblottherapy.com/asebp and sign up using your email or ASEBP ID.
Note: You must sign up on the website before using the mobile app.
- 2 Search for Inkblot in your mobile device app store.
- 3 Sign into the app using the same information you used to set up your Inkblot account.
- 4 Access services, including booking counselling appointments, right from the app.
- 5 Meet with your counsellor, via Inkblot's secure video platform, directly through the app.
- 6 Use the app to send secure messages and share files with your counsellor between sessions.



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