

Eligibility

Who is eligible?

The EFAP is available to employees of the University of Toronto who are eligible to participate in the University's group benefit programs, and their dependents: spouses, partners (including same-sex partners) and dependent children. This program is provided at no cost to you.

Support Resources

Offered by the University of Toronto

The EFAP enhances the existing University of Toronto support resources available to staff and faculty outlined below. Where appropriate the EFAP will refer you to these services. For links and detailed information, please go to www.equity.utoronto.ca.

Anti-Racism & Cultural Diversity Office

416-978-1259

Health & Well-being Programs & Services

416-946-0537

AODA Office

416-978-7236

Sexual & Gender Diversity Office

416-946-5624

Career Development (ODLC)

416-978-2066

Tri-Campus Sexual Violence Prevention & Support Centre

416-978-2266

Community Safety Office

416-978-1485

Family Care Office

416-978-0951



Homewood
Health | Santé

For confidential assistance
24 hours a day, 7 days a week,
365 days a year, please call
1-800-663-1142

⬇ Please retain the card below for your

Employee and Family Assistance Program

Coaching | Counselling | Support

1-800-663-1142

TTY: 1-888-384-1152 | International (Call collect): 604-689-1717

Homeweb.ca

Confidential | Available anytime 24/7/365



Coaching
Counselling
Support

Achieving your health and wellness goals just got easier

Your Employee and Family Assistance Program (EFAP)



UNIVERSITY OF
TORONTO


Homewood
Health | Santé

For confidential assistance 24 hours a day, 7 days a week,
365 days a year, please call **1-800-663-1142**

What is an EFAP?

Helping you achieve optimal health.

Confidential short-term counselling and work-life support services provided independent of your employer. Your EFAP helps you take practical and effective steps to improve well-being and be the best you can be.

Counselling

For all of life's challenges

Your Employee and Family Assistance Program helps you take practical and effective steps to improve your well-being and be the best you can be. We offer a supportive, confidential, and caring environment and will provide you with counselling for any challenge:

- Family
- Marital
- Relationships
- Addictions
- Anxiety
- Depression
- Life transitions/change
- Grief/bereavement
- Stress
- Other personal issues



Referrals

For longer-term counselling

If long-term or specialized counselling is required, the counsellor will assist you with a referral to another resource within your community. This referral may involve a fee.




Choices

Counselling that's convenient for you.

Counselling is available in person, by phone, by video, or online. There is no cost to you. Offices are local and appointments are made quickly, with your convenience in mind. Have a preference for location, gender, language, appointment time? We'll do our best to accommodate your preferences.

Life Smart Coaching

You can receive coaching support for a variety of life balance and health issues, or get expert support to better manage your career. Life Smart Coaching services are available by phone.

Health	Life Balance	Career
 <ul style="list-style-type: none">• Nutrition• Lifestyle Changes• Jumpstart your Wellness• Smoking Cessation	 <ul style="list-style-type: none">• Elder and Family Care• Relationships• Financial• Legal• Grief and Loss• Stress Solutions	 <ul style="list-style-type: none">• Career Planning• Workplace Issues• Pre-Retirement• Shift Work

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Confidentiality

We guarantee your confidentiality.

We are Homewood Health™, a trusted Canadian company with years of experience delivering the best possible support for clients like you. Everyone is guaranteed confidentiality within the limits of the law. You won't be identified to anybody—including your employer.

Online Resources

The right information at the right time

Access Homeweb anytime for e-Learning, interactive tools, health and wellness assessments, and a library of health, life balance, and workplace articles.

E-Learning courses

Access a variety of e-courses that focus on improving personal well-being and life skills effectiveness. Each e-course presents practical lessons and activities that guide learners to help change their thinking, feelings, and ultimately, their behaviour.

Child and eldercare resource locators

Conduct customized searches by keying in your specific requirements and you will have immediate access to information on a wide variety of child and eldercare services in your specified location.

i-Volve: Online CBT

i-Volve is an online, self-paced treatment program for depression and anxiety using the best practice treatment approach, cognitive behavioural therapy (CBT).

This innovative treatment program will guide you through exercises that examine and test how you interpret and perceive external stimulation. These insights will help you change and adapt the ways in which you think, feel, and react in various situations. i-Volve will help you to identify, challenge and overcome your anxious and/or depressive thoughts, behaviours and emotions. Unlike traditional CBT programs, i-Volve is available 24 hours a day, seven days a week, and we designed it to allow you to work at your own pace.