



Your EFAP

SOLUTIONS THAT CHANGE LIVES

Welcome to the Employee and Family Assistance Program at Thunder Bay Counselling Centre. We are here to assist you and your family members in finding solutions to many of life's challenges before they affect your health, family or ability to work.

Our professional counsellors have the knowledge and experience to provide you with assistance with issues such as stress, depression, anxiety, relationship issues, harassment, substance use, financial health, mental health, separation and divorce, grief and loss and work-life balance.

WE GUARANTEE WHEN YOU ACCESS OUR SERVICES WE WILL PROVIDE:

- Confidentiality
- Understanding
- Qualified Professionals
- Local Support
- Convenience.

There is no cost to you for any of our services, no matter how often you use them.

To book an appointment call (807) 684-1874 or toll free at 1-866-397-0399. To access a qualified counsellor in after hours emergency situations, call 1-800-668-9920. You will be offered a face to face appointment at a time that is convenient for you, either during the daytime or in the evening. If you prefer to access service by telephone or online, please identify your request to our Intake Counsellor at the time of your call.

Please also watch for our monthly newsletter, *Solutions*, which provides helpful information and tips for healthier, more balanced lifestyles.



WE'RE ALWAYS HERE TO HELP!
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