

Let us help

Health and Wellness Resource Kits

Self-directed support delivered directly to you.

Written and reviewed by leading subject matter experts, Health and Wellness Resource Kits from your Employee and Family Assistance Program (EFAP) contain a collection of self-help, text-based resources and information. Each kit contains:

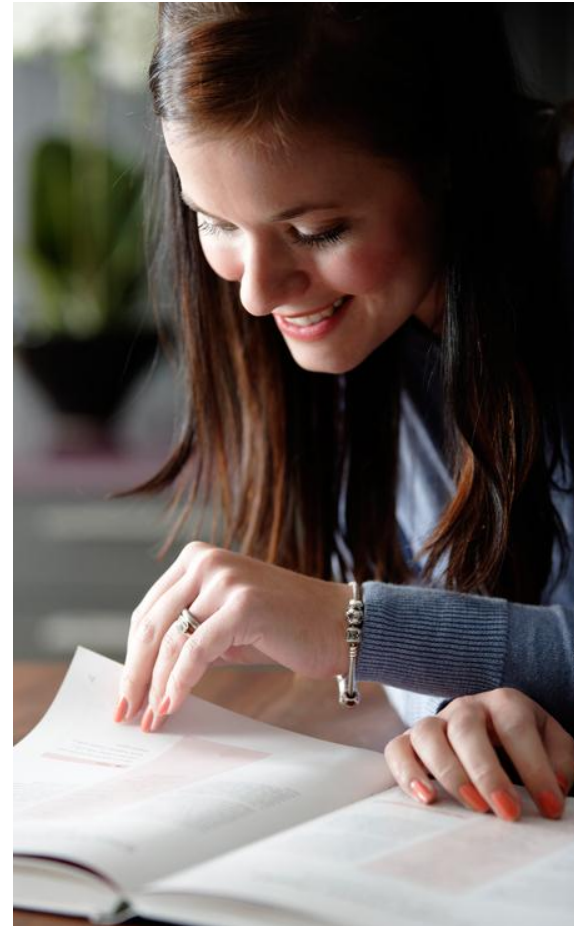
- Articles and tip sheets
- Surveys, checklists and self-assessments
- Self-help books by best-selling authors
- Resource guide with recommended books, websites, associations and community support
- Material from leading public sources such as Health Canada and the Canadian Mental Health Association

Our kits are designed to help you thoroughly understand your issue, assess where you are and where you need to go and resolve the issue using expert guidance, tools and tactics. Individuals work with their Health and Wellness Resources Kit at their own pace, privately at home.

Health and Wellness Resource Kits topics to choose from include:

- Separation and divorce
- Parenting teens
- Eating for health
- Enriching your career
- Enriching your career
- Parenting school-aged children (6 to 12 years)
- Managing workplace stress
- Job loss and transition

Kits arrive to you by courier in packaging protecting your confidentiality.



Connect with us for confidential support or to learn more

Order your Health and Wellness Resource Kit today through your EFAP.

For immediate assistance, contact us at **1.844.336.3136** or visit workhealthlife.com.



Download My EAP app now at your device app store or scan the QR code.



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