

# 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](http://www.equity.utoronto.ca).

**Anti-Racism & Cultural Diversity Office**  
416.978.1259

**AODA Office**  
416.978.7236

**Career Development (ODLC)**  
416.978.2066

**Community Safety Office**  
416.978.1485

**Family Care Office**  
416.978.0951

**Health & Well-being Programs & Services**  
416.946.0537

**Sexual & Gender Diversity Office**  
416.946.5624

**Tri-Campus Sexual Violence Prevention & Support Centre**  
416.978.2266



# Homewood Health | Santé

For confidential assistance  
24 hours a day, 7 days a week,  
365 days a year, please call  
**1.800.663.1142**



Counselling  
Coaching  
Support

Achieving your health and wellness goals just got easier

# Your Employee and Family Assistance Program (EFAP)



⬇ Please retain the card below for your records.

## Employee and Family Assistance Program

Counselling | Coaching | Support

**1.800.663.1142**

TTY: 1.888.384.1152 | International (Call collect): 604.689.1717

[www.homeweb.ca](http://www.homeweb.ca)

Confidential | Available anytime 24/7/365



UNIVERSITY OF  
TORONTO



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



- Nutrition
- Lifestyle Changes
- Weight Management
- Smoking Cessation

### Life Balance



- Childcare and Parenting
- Elder and Family Care
- Relationships
- Financial
- Legal

### Career



- Career Planning
- Workplace Issues
- Pre-Retirement
- Shift Work

## 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.

## Contact Information

Contact us 24 hours a day, 7 days a week

1.800.663.1142

TTY: 1.888.384.1152

International (Call collect): 604.689.1717

www.homeweb.ca

⬇ Please retain the card below for your records.

### Employee and Family Assistance Program

Counselling | Coaching | Support

1.800.663.1142

TTY: 1.888.384.1152 | International (Call collect): 604.689.1717

www.homeweb.ca

Confidential | Available anytime 24/7/365

