

# Worried about the sky falling?



You're just one call away from learning how to better manage anxiety or worry.

Employees, family members, managers and supervisors. Advice, counselling, "how to", and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

We are your **Employee and Family Assistance Program (EFAP)** and we are your link to well-being, personal, family, and work-related.

Call us anytime. It's your call.

**1-888-707-2115**

TTY: 1-888-384-1152

International (Call Collect): 778-372-7546

[Homeweb.ca/Equitable](http://Homeweb.ca/Equitable)

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Some days they're as sweet  
as can be.



For those other days, a little support can  
go a long way. For parenting tools, advice,  
and support give us a call.

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# Some things should not be masked.



## Depression and low mood can be helped. Call us to find out more.

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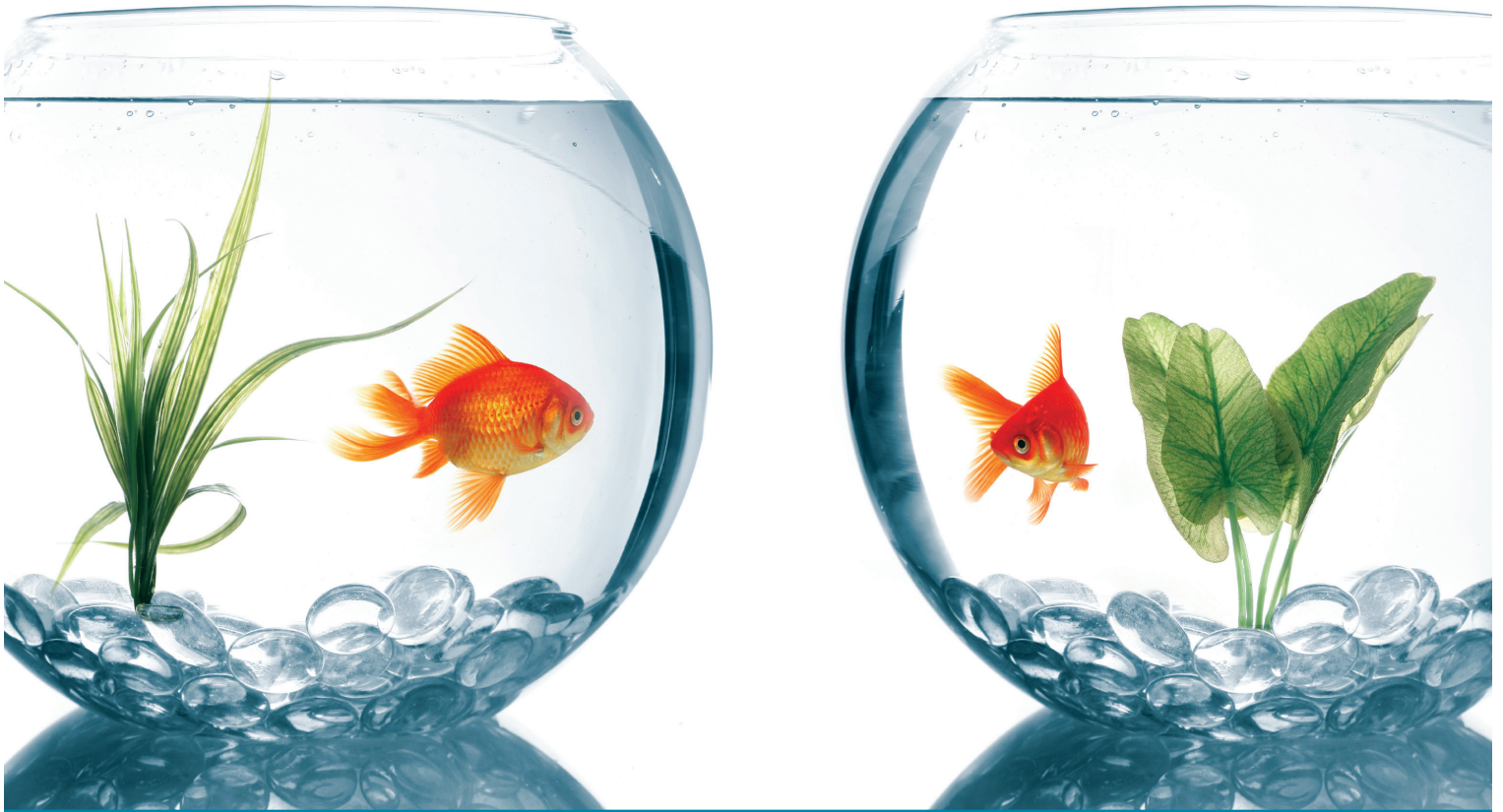
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# Feel like something's come between you?



A relationship takes more than just effort.  
With the right knowledge and support  
you can make it work.

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You can spend your time searching for solutions... or you can come straight to us.



Wellness solutions online. Parenting advice, child/eldercare support, career tools, health planners, and more. Available anytime, anywhere.

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# Feeling sad about a recent loss?



Grief and Loss program is for those who have lost a loved one or are suffering any form of loss in their life.

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