

# Employee Family Assistance Program (EFAP)

## We can help.

Free and confidential support for eligible employees and their families.



HumanaCare's supports and services can assist in the following areas:

- Relationships and Couples
- Family and Parenting
- Stress
- Anxiety
- Depression
- Substance Use
- Legal and Financial
- Grief and Bereavement
- Career Coaching
- Behavioural Management
- Diet and Nutrition
- Work-Related Stress
- Bullying and Harassment
- Crisis and Trauma



Call us 24/7 at **1.833.613.0968**  
or visit our employee portal  
**[www.humanacare.com/humanalife](http://www.humanacare.com/humanalife)**  
Access Code: **BimboCanada**



**Total Health**