

**CONFIDENTIAL ASSISTANCE,  
AT NO COST TO YOU**

Your EFAP is a voluntary, confidential service provided to you by your employer, at no cost to you and your immediate family members (as defined in your employee benefit plan).



**fseap** Now we're  
talking.

**Call us today.**

Contact your EFAP for immediate, confidential assistance 24/7. We'll connect you with the right resource to help you achieve your goals.

Our phone lines are open **24/7**  
On-line Resources: [www.myfseap.ca](http://www.myfseap.ca)

Username: Carleton  
Password: Carleton

1.800.668.9920 | TTY 1.888.234.0414  
[www.fseap.ca](http://www.fseap.ca)



Twitter @FSEAP\_Canada

# Your Employee and Family Assistance Program

**fseap** Now we're  
talking.

## THE RIGHT HELP, AT THE RIGHT TIME

It's human nature to think you should solve everything on your own. But sometimes it can be helpful to talk to a trained professional— someone who is objective, caring and experienced at helping with the particular issue you're facing. That's why your employee and family assistance program (EFAP) is here.

Your EFAP offers immediate, confidential assistance to help you find the right options and solutions to navigate through life's simple and complex challenges. Whether you want to lose weight, improve communication in your relationships, or find a better way to manage personal finances, we can assist you in taking the steps that can lead to meaningful change.

Depending on the service, you can receive support over the phone, in person, by video conference, online chat, or with self-guided online resources.

Call us to get started. Our lines are open 24 hours a day, 7 days a week.

[www.myfseap-ms.ca](http://www.myfseap-ms.ca)  
Username: Carleton  
Password: Carleton

## PRACTICAL HELP FOR ALL OF LIFE'S CHALLENGES

Whether you're going through a crisis or want guidance on your general well-being, your EFAP is here to help. Call us at any time to get started.

Through your EFAP, you can access qualified professionals and experts such as counsellors, financial consultants, health professionals, and lawyers who can help you:

### Manage well-being

- Stress
- Anxiety
- Depression
- Grief and loss
- Anger management
- Aging and life transitions
- Trauma
- Mental health

### Enhance relationships

- Effective communication
- Conflict resolution
- Marriage and intimate relationships
- Separation and divorce
- Parenting and family concerns
- Domestic abuse

### Overcome addictions

- Alcohol
- Tobacco
- Drugs
- Gambling
- Internet

### Succeed at work

- Work-life balance
- Performance
- Workplace concerns
- Career development

### Explore child and elder care resources

- Childcare
- Child day programs
- Resource kits for life stages
- Senior support programs and services
- Nursing/retirement homes
- Caregiver support

### Obtain legal consultation

- Family law
- Criminal law
- Bankruptcy
- Real estate
- Immigration
- Wills and estate planning

### Get financial advice

- Credit/debt management
- Money management
- Retirement planning
- Personal budgeting & saving

### Improve physical well-being

- Weight management
- Healthy eating
- Increase energy
- Medical conditions such as high cholesterol or high blood pressure
- Positive lifestyle changes
- Shift unproductive beliefs and attitudes
- Healthy habits and coping skills

