



**Northland  
SCHOOL DIVISION**

## **EMPLOYEE & FAMILY ASSISTANCE PROGRAM**

As of February 1, 2015 Northland School Division's Employee & Family Assistance Program (EFAP) is provided through our partnership with ASEBP. In addition to providing counselling services, the program also offers "Plan Smart Lifestyle & Specialty Counselling", a series of work-life services that allow you to access expert advice, information, & coaching.

## **Counselling Services**

Counselling services are available face-to-face, by telephone or can be accessed through e-counselling. These services are meant to be short-term with clearly defined goals and outcomes to help you understand your concerns and develop a plan of action to address them.

## **Plan Smart Lifestyle & Specialty Counselling**

Lifestyle & specialty counselling includes caregiving, life planning, career planning, & health management services. Each service has been developed to allow you to take a proactive approach to managing everyday challenges & life transitions. These services are delivered by phone or online & often include an assessment & personalized package of information & tools to assist you in your unique situation.

## **Contact Homewood Health**

For questions about EFAP, please contact Homewood Health or visit [www.homewoodhealth.com](http://www.homewoodhealth.com). Homewood Health is available to call for you & your dependents 24/7 & is completely confidential.

**1-800-663-1142 (English)**

**1-866-398-9505 (French)**

**1-888-384-1152 (TTY)**

For the purpose of enrollment in the EFAP, ASEBP will be sharing your first & last name, along with your date of birth with Homewood Health.