

As a contracted physician of the Saskatchewan Health Authority, you and your immediate family have complimentary access to a variety of professional support resources and tools through the Morneau Shepell Employee and Family Assistance Program (EFAP) until July 31 2021.

### Understanding the Morneau Shepell Employee and Family Assistance Program (EFAP)

Your EFAP is a confidential and voluntary support service that can help you take the first step toward change. Let us help you find solutions to the challenges you face at any age and stage of life. You and your immediate family members can access immediate and confidential support in a way that is most suited to your preferences, comfort level and lifestyle.

### Confidential and no cost

The EFAP is completely confidential within the limits of the law. No one, including your colleagues and the Saskatchewan Health Authority, will ever know that you have used the service unless you choose to tell them. You and your immediate family have access to the EFAP at no cost.

### Let your EFAP help you find solutions for your work, health, and life

<b>Short-term Professional Counselling</b> provides support for personal and emotional issues.	<b>Specialized Counselling and Online Programs</b> to assist with career challenges, managing stress, and more.
<b>Family Support Services</b> provides access to child and eldercare resources.	<b>Crisis Support</b> access to clinical counsellor 24/7 for those needing immediate crisis support
<b>Legal Support Services</b> provide consultation with professional lawyers to answer legal questions.	<b>Nutritional Services</b> offer consultation with Registered Dietitians on any nutritional matter or concern.
<b>Financial Support Services</b> provide consultation with financial professionals to answer financial questions.	<b>Health Coaching</b> by Registered Nurses can provide information and advice.

The EFAP benefit reflects our continuing commitment to your well-being and privacy. We encourage you to use the EFAP anytime you need it.

### Access your EFAP 24/7.

**Call:** 1.844.880.9142 TTY: 1.877.338.0275 (**Identify yourself as a SHA Contract Physician**)

**Login:** [workhealthlife.com](http://workhealthlife.com) gives you access to hundreds of articles, tools and resources. Login today!

**Mobile:** Instant access to support on the go! Download the **My EAP** app now at your device app store (*Apple, Android & BlackBerry*)

