

FREE SUPPORT BENEFIT

NOT JUST FOR COUNSELLING SUPPORT – TO RECEIVE OTHER SUPPORTS **YOU** MUST INQUIRE

THIS SERVICE IS **CONFIDENTIAL** AND **FREE**.

BE SPECIFIC ABOUT WHAT YOU ARE LOOKING FOR.

DON'T BE AFRAID TO ASK ABOUT ANOTHER SERVICE.

YOU MUST BE YOUR OWN ADVOCATE.

LIFEWORKS – 24/7 SUPPORT

1-877-207-8833

Call for Crisis Support
or to make an Appointment

LIFEWORKS – ONLINE

login.lifeworks.com

username: gmcanada

password: english

Too uncomfortable to make that phone call?
Chat with an agent TODAY!

ASK ABOUT:

FINANCIAL GUIDANCE

*Access to an appointment with a Financial Advisor
who can provide information/assist with:*

- Budgeting
- Tax Questions
- Credit Inquiries
- Retirement Planning
- Debt Consolidation
- Bankruptcy
- Consumer Proposals
- Separation/Divorce Financials

LEGAL ADVICE

30 minute free call-back with a Lawyer

and
**LIFE COACHING
ACCREDITED ADDICTION COUNSELLORS
SUPPORT GROUP REFERRALS**

EXAMPLE QUESTIONS TO ASK AN AGENT:

"I'm struggling with _____ and I would like to speak to someone."

"Do you have any support groups available for _____?"

"Can I make an appointment with a financial advisor to discuss my _____?"

"I didn't feel comfortable with my last counsellor, but still need help with _____, can you assign someone else, preferably someone who _____?"

"I am struggling with _____ legal issue, can I request a call back from a lawyer?"

"I don't feel comfortable with virtual therapy, can I speak to someone to make an appointment in my area?"

For support navigating Lifeworks and Community Services:

Dave Simmons – EFAP Representative
davidsimmons1@gmail.com
519-521-7501

Charlotte Johnston – EFAP Alternate
charlottejohnst@gmail.com