

XTL EFAP



About Morneau Shepell

- Morneau Shepell is one of the world's largest Employee Assistance Programme (EAP) providers, supporting employees and their families to resolve work, health, and life challenges.

Understanding the Employee and Family Assistance Program (EFAP)

It is a support service

- confidential and voluntary support service
- 24/7 assistance available through phone, web, and mobile app
- Local expert support and consultation
- No additional Cost for the short-term, solution-focused counselling services - XTL Group Benefit
- In-person, online or by phone appointments
- Immediate opportunity of speaking to a counsellor in crisis situations

Who can use the EFAP?

- Employees
- Spouse /Common Law spouse
- Dependent Children

What type of help can I get?

- Improve communication and strengthen relationships
- Deal with stress, anxiety and depression
- Address marital and relationship difficulties
- Understand grief and bereavement
- Adapt across cultures
- Mental health issues
- Personal and emotional difficulties
- Address alcohol and drug misuse
- Improve nutrition
- Obtain legal advice
- Manage finances
- Improve parenting skills
- Find elder and childcare resources
- Find solutions for work-related issues
- And much more.....

Clinical counselling in more detail

Our clinical team is equipped to address a broad range of issues that may be impacting you or your family.

Personal/Emotional	Family	Couple/Relationship	Work-related	Addiction-related
<ul style="list-style-type: none">• Stress/anxiety• Depression• Suicidal risk• Self esteem• Anger issues• Life stages• Post-trauma support• Abuse	<ul style="list-style-type: none">• Parenting• Child/ Adolescent behaviour• Blended family• Communication• Elder-related• Extended family relations	<ul style="list-style-type: none">• General relationship• Relationship breakdown• Separation/divorce• Intimacy issues• Communication• Conflict resolution• Family planning	<ul style="list-style-type: none">• Workplace performance/ stress• Work relationships/ conflict• Career planning• Career resiliency• Retirement planning• Workplace violence/ harassment	<ul style="list-style-type: none">• Alcohol• Drugs• Other's addictions• Smoking• Gambling

SCOPE

How can we help you?

Clinical Counselling

- Personal/Emotional
- Family/Parenting
- Couples/Relationship
- Work-Related
- Addiction-Related

Work-Health-Life

- Health/Lifestyle Concerns
- Stress/Sleep Management
- Family Support Services
(Child and Elder Care)

Professional Consults

- Legal
- Financial

Flexible Counselling: *to suit your time and preference.*



Telephonic



Face-to-Face



Video



Self-Directed Resources

Accessing the EAP intake and assessment

Access 24/7 access, immediate assessment of your needs by a team of professional and conscientious, caring counsellors and consultants. Upon calling we simply ask for your name and employer, no proof is requested.



Take the first step towards change

We're an Employee and Family Assistance Program (EFAP) that provides you and your family with immediate and confidential support to help resolve work, health, and life challenges to improve your life. Let us help you find solutions so you can reach your goals at any age or stage of life. We help millions of people worldwide live healthy, happy, and productive lives.

Ready to start? You can login or search for your organization for faster access to your resources and tools.

Login

OR

Not a member yet? [Join today for free](#)

Search for your organization

xtl

Search

Some suggestions for you...

[XTL Transport Inc.](#)

[XTL Transport Inc.](#)

[Nextleaf Solutions Ltd.](#)

[Victor Canada EAP Program](#)

[ContextLogic Technologies Inc.](#)

[See more results](#)

Don't know your organization? It could be where you work, your union, province, or an association you belong to.

If you are still not sure, [browse as a guest](#) or call 1.844.880.9137

Registration

<https://www.workhealthlife.com>

Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

Search

- my services
- health & well-being
- career & workplace
- financial security
- life events



Enhanced EAP



Wellbeing Content



CareNow



Total Wellbeing Assessment



Your new EAP platform is waiting. Visit LifeWorks now to discover what you're missing.

Visit LifeWorks



Let us help

Your EFAP provides immediate and confidential assistance for any work, health or life concern.

Get started online

Chat Now

Email a counsellor

Call 1 866 331-6851

Get the app

Online Group Counselling - Supporting you during the COVID-19 Pandemic

Anxiety: This Online Group is designed to support you with the anxiety you are experiencing due to the COVID-19 pandemic

Parenting: This Online Group is designed to support you in parenting your school age child through the COVID-19 pandemic

For you this month

- Building your self-care toolkit
- Access COVID-19 resources
- COVID-19: Tell us what you think
- World Autism Awareness Day - April 2nd

EFAP orientation videos

Learn about EFAP services and how to access them.

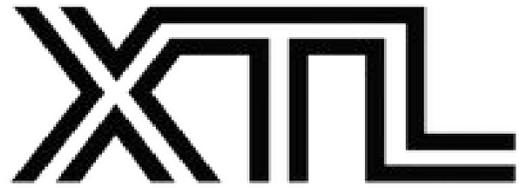
- What is EFAP
- EFAP services
- Accessing EFAP

Vote now

How can you help end mental illness stigma?

- Speak up about stigma to friends, family and colleagues
- Be aware of your own attitudes and judgments

The EAP Care Access Centre can be contacted toll-free, 24 hours per day, 7 days per week so that employee can access support when they want it.



**WE ARE HERE TO SUPPORT
Your Employee and Family Assistance Program (EFAP)**

