

TOOLBOX TALK (CANADA)

NEW CANADIAN EMPLOYEE & FAMILY ASSISTANCE PROGRAM



START FEELING BETTER, FASTER.

As part of our commitment to mental well-being, Kiewit and its subsidiaries have a new Employee & Family Assistance Program (EFAP) provider and services.

We know that life has its challenges, and with our new EFAP provider, TELUS Health, we're making it easier for you and your family to get the support you need, when you need it, in a way that works best for you.

Your entire household – from kids to adults can get the mental health care they need. Take the time to share the information below so our crews know what's available to them.

WHAT SUPPORT IS OFFERED?

- **COUNSELLING** - To help you with issues such as stress, divorce, family issues, mental health issues, and more.
- **ONLINE SERVICES** - Informative articles on a wide range of topics including, mental health, stress, addiction, relationships and lifestyle.
- **WORK-LIFE SERVICES** - Consultations for legal, financial, nutrition, health plus career and family support services.
- **LIVE CARE SUPPORT** - Personal support helps guide employees to find available resources, find the right counselor, books appointments and immediate support.

WHO CAN USE THE SERVICE AND HOW DO I GET ACCESS?

TELUS provides mental health services for all eligible employees, their families and household members (including union employees of Nuvumiut and Ganotec). You will have access to counseling sessions at no cost. It's free, confidential and easy to access.

CALL: 1-855-522-1217 or VISIT: www.manulife.ca/signin: Access under "Mental Health Support"

DISCUSSION

Ask the crew to discuss the best ways to share these EFAP resources on your job. Encourage them to share specific examples or stories if comfortable.

Scan to access UnderTheHat.com

