



# I want to talk to someone. What's the best path for me?

## IF YOU ARE

- Hoping to boost your feeling of well-being
- Wanting to cope with stress
- Feeling anxious or depressed
- Managing an addiction
- Unsure of how to approach a family or relationship issue
- Preparing for a life change

## Get in touch with your Employee and Family Assistance Program (EFAP)

- It's goal-focused counselling that's 100% confidential.
- Choose an EFAP practitioner based on your personal needs and preferences.
- Get four hours of EFAP (individual and/or couples) counselling, at no cost to you.
- Your EFAP also provides four hours of career, health, or life transition coaching, for you and your dependants.
- If you choose, you can continue working with your EFAP practitioner, at a discounted rate, once your counselling hours are used. Your EFAP practitioner will bill you directly and you can submit your receipts for reimbursement through your ASEBP health benefits and/or health spending account (if applicable).
- All EFAP practitioners are registered health care professionals in Canada.

Request an in-person, phone, or virtual counselling session by calling your EFAP anytime, 24/7, at 1-855-933-0103. Or visit [inkblottherapy.com/ASEBP](https://inkblottherapy.com/ASEBP) to register and book an EFAP counselling session.

## Lean on your ASEBP psychology benefit (extended health care)

- For long-term counselling or therapy.
- Practitioners can help you or your dependants understand, explain, and make positive changes to address deep-rooted thoughts, emotions, habits, behaviours, or medical diagnosis. Treatment can continue over a longer period (weeks, months, or years).
- Use your [ASEBP benefits](#) and/or [health spending account](#) to help cover the cost of these treatment fees. Eligible providers can direct bill or you can submit receipts for reimbursement.
- You are not required to use EFAP before working with a registered psychologist, person holding a Master of Social Work, or counsellor. Visit [asebp.ca](https://asebp.ca) for psychology claim requirements.

Available in-person, by phone, or via virtual meetings. Visit [wellness.asebp.ca](https://wellness.asebp.ca) for online look-up tools (under Your Wellness>Mental Wellness).

**Still not sure? Your family doctor can give you advice based on your needs.**

Your ASEBP extended health benefits cover a range of services that can help support your mental and physical health, as advised by your family doctor. Visit [asebp.ca](https://asebp.ca) for details.



If you have questions about your ASEBP benefit coverage, please call us 1-877-431-4786 or email [benefits@asebp.ca](mailto:benefits@asebp.ca)