

Employee and Family Assistance Program

Life can be complicated. Your Employee and Family Assistance Program (EFAP) can provide you with immediate support and confidential counselling – anytime, anywhere in Canada.

We're here to help.

This voluntary program offers confidential support for life's complexities – be it issues with work, health, or other – at no additional cost.



Short-term counselling

Get 24/7/365 access to mental health practitioners by phone, video, or in person.

Simply call **1-844-505-6240** and provide policy # **148342** to get help with issues such as anxiety, stress, divorce, family, mental health, weight management, smoking, general health concerns, and more.

You and your eligible family members (as defined in your benefits plan) will receive immediate, confidential, and personalized support.



Solutions for your health, life, and work

Receive parenting and family care support, career coaching, financial and legal assistance, and much more:

- initial assessment of your needs
- information and coaching from professionals in their field



Online services

Easy, convenient access to online tools, resources, and support:

- informative articles on a wide range of topics, including mental health, stress, addiction, relationships, lifestyle, and more
- on-demand webinars* on a variety of topics
- to access online tools, go to one.telushealth.com
 - **Username** : manulifeefap
 - **Password** : manulife

How to get started

Access EFAP

Choose to access EFAP in a way that's most convenient for you.



Phone: call **1-844-505-6240** – 24/7
Policy # 148342



one.telushealth.com

Username : manulifeefap

Password : manulife

Book an appointment

Choose a counsellor that's right for you based on experience, cultural background, language spoken, etc. Not sure what type of counsellor you need? Live care support is available to help you.

Get live care support

If you need assistance, call to connect with live care support to help you navigate your personalized care plan, answer questions, and help you find the right resources, support, and counsellor - or direct you to immediate support if needed.



About TELUS Health

TELUS Health is one of the most established EFAP providers in the world and has the most diverse clinical network in Canada. They bring 35 years of experience in delivering health care services to Canadians. They have invested billions of dollars in technology and in local communities to support health and well-being services to Canadians across the continuum of care and support.

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Fully voluntary



**Experienced,
caring professionals**



Easy, convenient access



**Complete
confidentiality**



**At no cost for you
and your eligible
family members**

**How can my family
members access the
support and resources?**

Your family members can call
1-844-505-6240.