



Confidentiality

Is the service confidential? Yes. Your EFWP is completely confidential within the limits of the law.

Your employer will never know that you have used the service unless you choose to tell them.

Diversified Rehabilitation Group, (the program's contracted service provider), maintains separate and secure files and your reason for calling will not be shared with anyone without your written permission.



Call us for an appointment

Ph: 250.860.2868
(Kelowna)

Toll Free
1.888.402.8222
(Anywhere in B.C.)



24 hour Crisis Line
Toll Free
1.888.860.1404

www.diversifiedrehab.ca



Employee and Family Wellness Program (EFWP)

Connect to Better Health and Well-Being



Toll Free
1.888.402.8222

What is EFAP?

The objective of the Employee and Family Wellness Program (EFWP) is to enable employees or a member of an employee's family experiencing problems or difficulties, to voluntarily seek professional counseling on a confidential basis and thereby minimize adverse effects on themselves, their workplace colleagues, and members of their family.

Where an employee (or a member of an employee's family) encounters personal problems or difficulties, there may be a reduction in their work performance as well as their ability to fulfill his or her career objectives.

Such problems and difficulties may adversely affect the employee, the employee's workplace colleagues and members of the employee's family.

Prolonged personal problems or difficulties may cause an employee to miss days of work and may lead to the need to seek medical treatment or apply for disability benefits.

EFWP Services

Personal Well-Being

- Personal stress • Depression • Grief and loss • Anxiety • Aging/midlife Issues • Life transitions • Managing anger • Mental health and well-being • Crisis situations • Trauma

Manage Relationships and Family

- Communication-Relationship conflict • Parenting
 - Separation/divorce
- Domestic abuse • Blended family issues • Family relationships
 - Aging parent concerns

Address Workplace Challenges

- Workplace conflict • Workplace performance • Violence • Harassment
- Work-life balance • Work-related stress

Tackle Addictions

- Alcohol • Drugs
 - Tobacco • Gambling
 - Other addictions • Post-recovery support • Understand Nutrition
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Who is eligible?

All employees are eligible to access EFAP. Family members who normally reside with an eligible employee can also use the program.

How much will it cost?

There is no cost to use your EFAP. If you need more specialized or longer-term support, your EFWP will help you select an appropriate specialist or service that can provide assistance.

(While fees for these additional services are your responsibility, some may be covered by your organizational health plan).

