

# Continued Support

## Following a Traumatic Event

You may be experiencing difficulty sleeping, concentrating or meeting daily demands.

Immediate and confidential support is available to you and your family at no cost through our Shepell·fgi **Employee and Family Assistance Program (EFAP)**.

Professional counselling, consultations and health & wellness resources can help with stress, anxiety, grief, financial challenges and more.

### Access your EFAP 24/7/365

#### Call

**Shepell·fgi Care Access Centre**  
1 800 461-5888

#### Visit [workhealthlife.com](http://workhealthlife.com)

**Read** and share health & wellness articles

**E-Counselling** registration and portal login

**First Chat** for instant online chat with a counsellor

#### Download My EAP mobile device application

**On-the-go** support with health & wellness articles, videos

**E-Counselling** registration and portal login

**Interactive stress tool**

**Free download** at [shepellfgi.com/myeap](http://shepellfgi.com/myeap) or scan QR code now

