

# EFAP

Employee & Family Assistance Program



The [Employee and Family Assistance Program \(EFAP\)](#) is a voluntary, confidential, short-term counselling service designed to help both employees and their families navigate challenging times.

Accessing EFAP is easy to do, and is free of charge to Government of Manitoba employees and their family members. To begin, call **204.945.5786** if you are in Winnipeg or **1.866.669.4916** (toll-free). The first initial call will be to cover all relevant information and set you or your loved one up with one of EFAP's licensed counsellors. They are offering phone/virtual-based sessions to maintain physical distancing practices at this time.

## Additional Resources

### Mental Health & Wellness

- **New** [Wellness Together Canada](#) has curated a set of tools and resources that provide mental health support. You can also access a counselling session with a qualified professional or text with a trained volunteer. All of these options are available to you at **no cost**.
- [Mental health resources](#) to support Manitoba public servants
- [Mental Health Tips for Returning to the Workplace](#) by The Employee & Family Assistance Program (EFAP)
- The [Canadian Mental Health Association](#) is offering a number of online courses designed specifically for supporting our mental health during this time.
- Mental Health Webinar: [Stress, the Brain & Mental Health Hygiene](#)
- [Covid -19 Self- Care and Resilience Guide](#) by The Mental Health Commission of Canada
- The Government of Canada's [First Nations Mental Wellness Continuum Framework](#)
- Learn more about the connection between your [physical and mental health](#)
- The [Wellness Wheel by Simon Fraser University \(SFU\)](#) will help you explore different areas of your health and wellbeing. SFU also provides [various strategies](#) to help you improve your health and wellbeing.

### Anxiety

- **New** [Anxiety Disorders Association of Manitoba's Anxiety & Worry Support Program](#)
- **New** [Covid – 19 Anxiety Support line – Anxiety Disorders Association of Manitoba](#)
- **New** [My Anxiety Plans \(MAPs\)](#) by Anxiety Canada are anxiety management programs based on cognitive-behavioural therapy (CBT), an evidence-based psychological treatment.
- **New** [MindShift™ CBT](#) uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

- The Government of Manitoba has partnered with Morneau-Shepell to provide [AbilitiCBT](#), a new digital therapy program available to all residents of Manitoba aged 16 or older who are experiencing mild to moderate symptoms of anxiety due to the pandemic.
- This [video](#) from **Workplace Strategies for Mental Health** offers some helpful strategies to consider if you are experiencing anxiety related to returning to the workplace, and highlights how to take the positive elements achieved by working from home and bring them to the workplace.
- Dr. JP Gedeon from Schulich Executive Education Centre has released a video series on Coronavirus – Coping with Fear and Anxiety. His videos focus on combating anxiety and fear and transforming through this COVID crisis. All five videos can be viewed on [Dr. JP Gedeon's page](#).

## Grief

- **New** [Manitoba Blue Cross Employee Assistance Program](#) is providing up to three counselling sessions at no cost to Manitobans who have experienced a loss during COVID-19. To access this support, please call: 204.786.8880 or Toll Free 1.800.590.5553 or TTY 204.775.0586
- [Loss, Grief and Healing](#)

## Parenting During a Pandemic: Resources for Parents, Children & Youth

- **New** [My Anxiety Plans \(MAPs\) for Children & Youth](#) by Anxiety Canada is anxiety management program based on cognitive-behavioural therapy (CBT), an evidence-based psychological treatment.
- [Workplace Strategies for Mental Health](#) contains a number of tips and tricks related to mental health, parenting and self-care while at work
- Child Mind Institute: [Supporting Families During COVID-19](#)
- About Kids Health: [COVID-19 Learning Hub](#)
- WHO: [Parenting](#)
- [Kids Help Phone](#)

## For Employers

- [Return to the Workplace Manitoba](#) – find Tips for Speaking with your Employees, and a Wellness Support Response Directory for all of Manitoba.
- [Return to work support – Workplace Strategies for Mental Health](#)
- [Workplace Mental Health](#) website:
  - [How to Support the Mental Health of Workers in Times of Change and Uncertainty](#)
- [Navigating Mental Health: Protecting Employees in the Post-Pandemic World](#) - a free webcast sponsored by the Mental Health Commission of Canada that is designed to provide employers with insight to support employees, teams and themselves throughout the pandemic and beyond.
- The [Mental Health Balance Checklist](#) from the Mental Health Commission of Canada will help employers focus on balancing their employees' energy for optimal psychological and physical functioning in their professional and personal lives.

If you are experiencing a mental health crisis, reach out to the **Klinic Crisis Line (toll-free, 24/7) at 1-888-322-3019** or any Manitoba Crisis Support Lines or resources outlined in the [Mental Health & Wellness Supports for Manitoba Public Servants](#).