

problems at work

Stress

# From Problems to Solutions

Employee and Family Assistance  
Program (EFAP)

We offer a variety of services for you and your family, including confidential counselling, wellness tools and resources, specialized trauma management, conflict resolution and workplace assessment services. When you need help, we're here for you

relationship issues

Work/Life balance

Depression

addictions

grief

Confidential. Voluntary. Province-wide. Free of charge.

204 945 5786

1 866 669 4916

TTY: 204 948 3401

[www.gov.mb.ca/efap](http://www.gov.mb.ca/efap)