

Employee and Family Assistance Program

Feeling overwhelmed by life's challenges? Let us help.

Your Employee and Family Assistance Program (EFAP) can provide you and your family members with immediate and confidential help with health, life, or work concerns, 24/7/365. Book an appointment to speak with a counsellor and start your short-term counselling sessions today.

You can also access online resources, including articles, videos, self-guided care plans, and more.

Get started

Simply call **1-844-505-6240**.

Or sign in to Manulife Mobile app and connect to your EFAP seamlessly right from the app.



The Manulife Employee and Family Assistance program is provided by TELUS Health and offered through Manulife Group Benefit plans. Manulife, Manulife & Stylized M Design, and Stylized M Design are trademarks of The Manufacturers Life Insurance Company and are used by it, and by its affiliates under license. © 2024 The Manufacturers Life Insurance Company. All rights reserved. PO Box 2580, STN B Montreal QC H3B 5C6

MP 1248864E GB35043E 03/24 AODA

