CONFIDENTIAL ASSISTANCE, AT NO COST TO YOU

Services provided by fseap are voluntary, confidential, and provided to you by your employer, at no cost to you and your eligible family members. Anything you or a family member discusses with the counsellor is kept confidential. In order to be accountable, fseap provides summary reports to your employer that contain no individual or identifying information.

WHO IS ELIGIBLE?

Eligible Western employees and their immediate family members can access up to 12 sessions of confidential counselling per year. All employees can access emergency telephone assistance 24/7.

Full details of this benefit are online at uwo.ca/hr/benefits/eap

Call us today.
Contact fseap for immediate, confidential assistance 24/7. We’ll connect you with the right resource to help you achieve your goals.

Our phone lines are open 24/7
On-line Resources: myfseap.ca
1.877.433.0701/ TTY 1.888.234.0414
www.fseap.ca

fseap address:
125 Woodward Avenue
London, Ontario
N6H 2H1

Full details of this benefit are online at uwo.ca/hr/benefits/eap
THE RIGHT HELP, AT THE RIGHT TIME

It’s human nature to think you should solve everything on your own. But sometimes it can be helpful to talk to a trained professional—someone who is objective, caring and experienced at helping with the particular issue you’re facing. That’s why your employee and family assistance program (EFAP) is here.

fseap offers immediate, confidential assistance to help you find the right options and solutions to navigate through life’s simple and complex challenges. Whether you want to lose weight, improve communication in your relationships, or find a better way to manage personal finances, we can assist you in taking the steps that can lead to meaningful change.

Depending on the service, you can receive support over the phone, in person, by video conference, online chat, or with self-guided online resources.

Call us to get started. Our lines are open 24 hours a day, 7 days a week at 1.877.433.0701.

PRACTICAL HELP FOR ALL OF LIFE’S CHALLENGES

Whether you’re going through a crisis or want guidance on your general well-being, fseap is here to help. Call us at any time to get started.

Through fseap, you can access qualified professionals and experts such as counsellors, financial consultants, and health professionals who can help you:

Manage well-being
- Stress
- Anxiety
- Depression
- Grief and loss
- Anger management
- Aging and life transitions
- Trauma
- Mental health

Succeed at work
- Work-life balance
- Performance
- Workplace concerns
- Career development

Enhance relationships
- Effective communication
- Conflict resolution
- Marriage and intimate relationships
- Separation and divorce
- Parenting and family concerns
- Domestic abuse

Overcome addictions
- Alcohol
- Tobacco
- Drugs
- Gambling
- Internet

Emergency Support
- Crisis response
- Guidance during distress
- Action planning for personal safety
- 24/7 helpline 1.877.433.0701

Explore child and elder care resources
- Childcare
- Child day programs
- Resource kits for life stages
- Senior support programs and services
- Nursing/retirement homes
- Caregiver support

Get financial advice
- Credit/debt management
- Money management
- Retirement planning
- Personal budgeting & saving

Improve physical well-being
- Weight management
- Healthy eating
- Increase energy
- Medical conditions such as high cholesterol or high blood pressure
- Positive lifestyle changes
- Shift unproductive beliefs and attitudes
- Healthy habits and coping skills