

# Continued Support

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 to you through your Employee and Family Assistance Program (EFAP).

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

## Access your EFAP 24/7/365

Call

[Login.lifeworks.com](http://Login.lifeworks.com)

Download App

**Care Access Centre**  
**1-844-880-9142**

**Read** and share health & wellness articles

**Access** services online through [myeap.support.com](http://myeap.support.com)

**Chat online** with a counsellor instantly

**Interactive self-directed** counselling modules and toolkits

**Free download** by searching LifeWorks in the app store

**Log-in credentials:**

Username: SMU

Password: benefits