



Frequently asked questions

Your Employee Assistance Program (EAP) is a confidential wellbeing resource, available any time, 24/7, to help you find answers to questions about work, life, health, family or money. We can offer expert advice, support, practical resources and referrals to help you manage life's issues and challenges – whether personal or professional.

What is the service?

It is a full-service Employee Assistance Program (EAP) and work-life/wellbeing resource that provides confidential consultations, information and resources, connections to community agencies and supports, and referrals to counselling (by video or in-person).

Why would I use the service?

We can provide support and resources to help you find answers to questions related to work, life, health, family or money. You can contact us for support with any issue, challenge or concern. Counsellors are available 24/7.

How do I contact the service?

- **By phone, 24 hours a day, seven days a week, 365 days of the year**
Connect with a professional consultant for support, strategies, tools, and referrals.
- **Online at login.lifeworks.com**
Access hundreds of articles, e-books, audio recordings, assessments, toolkits, and more.
- **By free mobile app**
For iOS & Android.

Who pays for the service?

Your EAP is available at no additional cost to you, as defined by your benefits plan. Your employer provides this programme as a benefit to support your wellbeing.

What are the qualifications of EAP counsellors?

EAP counsellors are highly qualified, and we carefully screen all our affiliates to verify their credentials and level of experience. Minimally, counsellors are required to have a Master's degree in psychology, social work, educational counselling, or other related human services field. Some counsellors have PhDs.

How many counselling sessions can I expect?

Our counselling model is short-term and solution focused. The number of sessions provided is based on what is deemed clinically appropriate, and up to the service level your employer has selected. In the event that your concern is ongoing in nature, your counsellor will discuss with you the appropriateness of a referral to a community resource outside the EAP and will work with you to access this long-term support.

If required, how quickly can I expect to get a face-to-face appointment with a counsellor?

In emergency situations, we can connect you with a counsellor by phone immediately. In-person appointments can be arranged within one business day. In non-emergencies, appointments will typically be available within three business days.

Is the service confidential?

Yes. We take the utmost care to protect the identity of anyone who uses the service. The only exceptions to confidentiality include those governed by law, i.e., we are required to release documents under court subpoena, and we have a duty to intervene and report if a consultant or counsellor deems an individual to be at imminent risk of harm to self or others.

Who can use the service?

The service is available to you as an employee of your organisation, as well as to your spouse/partner, and to your immediate family members/dependents.

How do I connect with the service?

- By phone
- Online: login.lifeworks.com
- By free mobile app for iOS or Android



Download the Telus Health One app at your device app store or scan the QR code.



one.telushealth.com