

Your Employee and Family Assistance Program (EFAP) includes:

Shift Worker Support



If you work at times outside of 7:00 a.m.-6:00 p.m., then you know first-hand the challenge of fighting the body's natural wake-sleep pattern, and the strain shift work can put on your health, well-being, family, and social life. We can help you find solutions to your unique challenges.

Stay healthy and safe while working shifts!

- **Not getting enough sleep?** We can help guide you through small changes to make a big difference.
- **Stressed out trying to manage family and social life?** We can help you develop strategies to manage your responsibilities and your health.
- **Frustrated family members?** If you are looking for ways to keep your family relationships harmonious, we can offer helpful tips and tools.
- **Are you a woman working shifts and caring for a family?** Female shift workers have almost three times the number of accidents as male shift workers. We can help you stay safe.

One call is all it takes to get started.

Life Smart Coaching empowers you with the information and support you need to help you make shift work a part of a healthy and rewarding personal and work life. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few specific questions to make sure you receive the customized service that will be most helpful.
2. We arrange for one of our coaches to call you and walk you step-by-step through all the types of support that you could benefit from—internet resources, printed materials, and more.
3. We'll be in touch with you while you're using the materials, and help you build the confidence to solve your work-life challenges.

Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, about any issue, we can also arrange counselling. Counselling services can be offered face-to-face, over the phone, through video, or online.



Life Smart Coaching can help you make shift work happier and safer.

Contact your EFAP 24/7 at 1-800-663-1142

TTY: 1-888-384-1152 | Numéro sans frais - en français : 1-866-398-9505

International (Call collect): 604-689-1717

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