

Your Employee Family Assistance Program.

Mental Wellness is important. That's why we have partnered with **HumanaCare** to make it easier than ever to use your Employee Family Assistance Program.

Here's how it works:

If you or a member of your family needs mental health assistance, you can **call the number below** to speak to a registered nurse who will be able to help you **24/7**.

1-800-661-8193

Here are some **topics** that your nurse will be able to assist you with:

Counselling & Psychotherapy

Financial & Legal Services

Crisis & Trauma Services

Healthcare Navigation

Addiction Services

Medical Expertise

Medical Second Opinion

Elder Care Management

& More!

Work Life, Family Support, & Lifestyle/Health Coaching

When you call, the nurse on your account will be able to help you with **short-term, solution focused interventions**. If you need long-term solutions, your nurse will be able to refer to you a professional in your area for more support, while keeping you engaged.

Your nurse will also follow up to **ensure that you have received the best care** and solutions for your situation.

Whatever you need help with, **we have solutions**.

For more articles, tips, and support visit: humanacare.com/simplybenefits

Have more questions? We're here to help!