

Benefits to the Employee/Employer

- A free confidential counselling service for employees and dependent family members.
- No fixed limit to the number of sessions per individual or family.
- When family members' issues are resolved, the employee can focus more on work.
- Decreased amount of time off due to personal problems.
- Increased productivity as a result of higher employee well being.
- We are a locally based EFAP provider attending to local needs.

To make an appointment

- Call Vancouver Island Counselling directly to schedule an appointment.
- Late afternoon or early evening appointments available.
- All Vancouver Island Counselling employees live and work in your local communities and are well acquainted and familiar with local resources.

It's Your Choice!



Our logo symbolizes the interdependence of employees, employers and the community

Our Mission Statement

With compassion, respect and integrity we help people to build hope, growth and well-being

Your Employee & Family
Assistance Program

Vancouver Island Counselling

Duncan: (250) 746-6900
Nanaimo: (250) 754-8222
Port Alberni: (250) 723-7001

Victoria/Lower Mainland:
Toll Free: 1-877-746-6911

www.vancouverislandcounselling.com

Vancouver Island Counselling



**Your Employee & Family
Assistance Program (EFAP)**

*Creating healthy employees,
families, and communities
since 1980*

Who we are and what we do

Vancouver Island Counselling is a non-profit society supported and administered by local employers, unions and employee groups. Our purpose is to provide counselling assistance to affiliated employees, retirees and their dependent family members who are dealing with personal concerns. At Vancouver Island Counselling professionally trained counsellors provide **prompt, direct and confidential counselling**.

Services include:

- assessment of issues
- short term goal oriented counselling
- referrals to appropriate community resource agencies, if required.
- prompt and responsive counselling care

Services to worksites may include:

- presentations about our services
- workshops on topics such as stress management, communication skills and other workplace issues.
- immediate access to consultation and support for Critical Incident Stress Debriefing to help employees deal with the trauma of accidents which happen on the worksite.

The Employee and Family Assistance Program (EFAP)

- Is a component of your employee benefit program.
- Encourages people with personal concerns to get help as soon as possible before issues seriously affect family and work life and individual health and safety.
- Focuses on prevention, intervention and wellness around concerns such as:
 - relationship conflict
 - parenting challenges
 - psychological/emotional issues (eg. stress, depression, anxiety)
 - alcohol and drug dependency
 - workplace stress
 - critical incident stress
 - loss and grief

Counselling and Resource Service Offices

- Provides counselling services for your EFAP.
- Professional counselling is available to individuals, couples and dependant family members at no charge to the client.
- If specialized services are required the counsellor assists you in connecting with the appropriate person or resources where you will receive further help (some cost may occur if referred on for additional counselling and it is not covered by the employee's benefit package or government subsidized program). Our experience is that many situations are successfully dealt with through short term counselling and no referral is necessary.
- Counselling provided by Masters level or higher certified professional counsellors

Are Vancouver Island Counselling services confidential?

Yes! Vancouver Island Counselling and its staff are independent of the organizations they serve. This autonomy and the location of our offices away from the worksite, help insure Vancouver Island Counselling's commitment to confidentiality. Workplaces have no access to client information. All of our counsellors are governed by a Professional Code of Ethics. Confidentiality is the cornerstone of our program. We have been serving organizations and families for nearly 40 years.

How to make contact...

If you have a personal concern or want information on prevention or wellness you can...

...seek information from an EFAP representative in the workplace. EFAP representatives are selected and trained employees who can provide information on all aspects of the program. They do not have a counselling function.

...or, call Vancouver Island Counselling directly. The phone numbers are on the back of this brochure.