

How it works

- 1** A phone interview with our intake and assessment consultant to **understand your issues and concerns.**
- 2** **Within 24 hours, a referral is made** to a counsellor who is best suited to your needs.

An **appointment time**, that is convenient for you, **is booked.**
- 3** **Your counsellor** works with you to help uncover your path to better health and wellness.
- 4** Our intake and assessment consultant **follows up with you**, to ensure your therapeutic needs are being met.

Safe.
Confidential.
Non-judgmental.

www.unifyconsultinggroup.com

403-615-6988

Available 24 hours a day,
7 days a week



**Employee Family
Assistance Program**

Available 24 hours a day,
7 days a week

Building healthy organizations through healthy employees

We are here for you

Life and work presents challenges on a daily basis.

From time to time, we all need an external, neutral perspective to help us improve our health and well-being.

We provide a safe, non-judgmental and confidential environment to get the support you need.

About our team

Each **unify consulting group** team member embraces high ethical standards and a client-focused approach.

We also share the belief that empowering our clients is essential to long term health and success.

We work with you to build a foundation upon which you can reach your goals:

- Assertive communication
- Mental and physical health
- Empowerment
- Vulnerability, trust and transparency
- Connection and passion

Coverage

During the intake process, we will confirm how many sessions are included in your Employee Family Assistance Program (EFAP).

Types of counselling available:

- Individual, family and relationship counselling
- Financial Counselling
- Legal Consultation
- Nutritional/Dietician Consultation
- Psycho-educational assessment