



WE'RE HERE FOR YOU

COVID-19 is having a big impact on everyone's lives. Fortunately, CLAC has resources to help you cope during these difficult times.

As an employee of Holland Christian Homes and a dedicated CLAC member, you have access to professional counsellors who can give immediate and confidential help. Through our Employee and Family Assistance Program (EFAP), healthcare professionals are ready to assist you with mental health concerns, anxiety, stress, relationships, addictions, financial advice, and more.



Find more information on how to access EFAP, visit workhealthlife.com.

There are several ways you can access EFAP:

- Call 1-844-880-9142 (TTY: 1-877-338-0275)
- Log into myclac.ca, select Your Life in the menu bar, then click Employee & Family Assistance Program in the dropdown menu
- Visit workhealthlife.com
- Download My EAP from Morneau Shepell in the App Store or Google Play

