

# Manager Consultations

24/7 access to confidential advice and guidance to help managers, supervisors, and people leaders deal with sensitive employee and workplace situations.

Dealing with sensitive employee and workplace situations can challenge you as a people leader. Let your Employee and Family Assistance Program (EFAP) help with confidential and professional guidance for any situation you may be faced with.

## How it works

Manager Consultations are confidential and available 24/7. You will interact with an EFAP counsellor that will listen and help you manage through a situation you may not know how quite to handle. Together, you will explore options, brainstorm solutions, and work on action plans.

## How to access Manager Consultations 24/7

- Call the EFAP Care Access Centre
- Use online chat in the Manager Area on [workhealthlife.com](http://workhealthlife.com)
- Use online chat on My EAP app

## Let Manager Consultations help you with

- Disruptive or inappropriate behaviour
- Emotionally sensitive employees
- Difficult personalities
- Concerning appearance
- Personal hygiene
- Career and team changes
- Team dynamics
- Cross-cultural communication
- Harassment or violence
- Expression of suicidal thoughts
- Illness or medical conditions



Let us help

Connect with us for confidential support or to learn more

Use the EFAP resources and support designed just for you – the people leader.  
For immediate assistance, contact us at **1.844.880.9142** or visit [workhealthlife.com](http://workhealthlife.com).



Download My EAP app now at your device app store or scan the QR code.

