



Extended Counselling Service for Mental Health Issues

Provides access to longer term therapy for mental health issues (up to 14 sessions).

The Extended Counselling Service provides access to longer-term therapy for employees dealing with Chronic Mental health issues.


Through this service, employees have the option of doing longer term therapy through the modality that they prefer: video, telephonic or in-person. Up to 14 sessions are included (access limited to once per person per year), at no cost for the employee.


Why access extended counselling?


Many “at-risk” employees suffer from complex and chronic mental health issues that can’t be treated effectively through a short-term counselling model. With longer-term therapy, employees are more likely to


access the treatment they need, and for a sufficient period to minimize relapses. This allows for more effective early-intervention and ensures that at-risk employees get the care that they need.

How Does It Work?

1  Intake call with the nurse care coordinator (via the EAP). Referral to therapist. This counselling is geared towards helping you manage and overcome immediate challenges.

2  First appointment is booked with a counsellor that provides therapy (telephonic, video or in-person). The nurse/counsellor assesses which employees would benefit from longer-term therapy.

3  If your situation requires more extensive support, our EAP counsellors will facilitate a seamless transition to long-term counselling services.

4  No cost to the individual for up to 14 sessions. Option of continuing with the same therapist beyond 14 sessions (paid out of pocket/using their benefits.)

Difference Between EFAP and Extended Counselling (Mental Health +)



Healthy

Stressed



Severe

Chronic

- Short-term issue-based counselling
- Create supportive environments
- Provide access to resources
- Develop self-awareness, resilience skills, and tools
- Reduce absenteeism and increase productivity
- More complex, chronic MH cases are typically referred out to other resources

- Targets specific mental health disorders (depression, PTSD, insomnia, etc.)
- Often more severe and chronic conditions
- Connection to CBT-trained therapists and treatment-based programs that are evidence-based
- Reduction in symptom severity
- Reduce short-term and long-term disability