

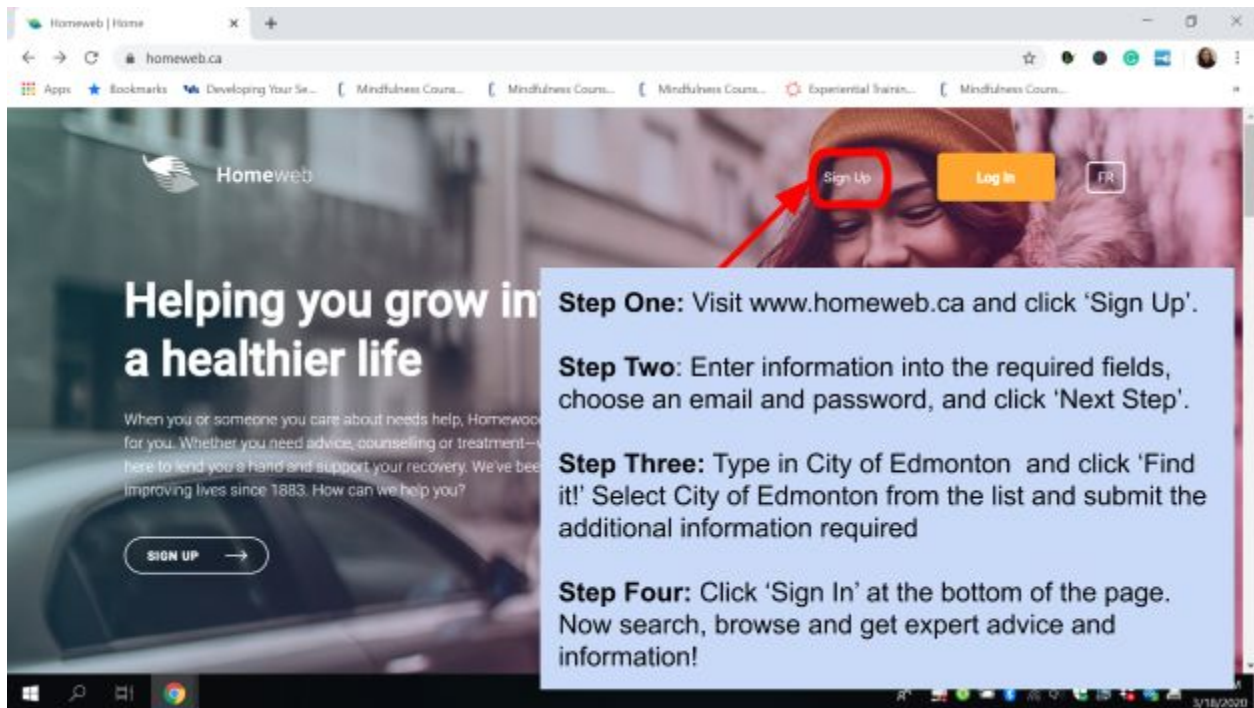
## COVID-19 Homewood Health - New Resources Available March 20, 2020

Edmonton

### RESOURCES AT YOUR FINGERTIPS: HOMEWOOD HEALTH - HOMEWEB

Homewood Health, our Employee and Family Assistance Plan (EFAP) provider has expanded services available to all City of Edmonton employees. Homewood Health provides free and confidential counselling services to **all employees** (permanent/provisional/temporary/probationary) and their families (e.g. spouses, children, and/or dependents).

[Homeweb](#) is an online platform that offers you instant access to live chat, personalized health and wellness tools, and e-courses from your phone, tablet, or desktop. [Register today.](#)



The screenshot shows the Homeweb website in a web browser. The browser's address bar displays 'homeweb.ca'. The website's header includes the 'Homeweb' logo and navigation links for 'Sign Up', 'Log In', and 'FR'. A red circle highlights the 'Sign Up' button, with a red arrow pointing to it. A blue overlay box on the right side of the page provides a four-step registration guide:

- Step One:** Visit [www.homeweb.ca](http://www.homeweb.ca) and click 'Sign Up'.
- Step Two:** Enter information into the required fields, choose an email and password, and click 'Next Step'.
- Step Three:** Type in City of Edmonton and click 'Find it!' Select City of Edmonton from the list and submit the additional information required
- Step Four:** Click 'Sign In' at the bottom of the page. Now search, browse and get expert advice and information!

#### What is New?

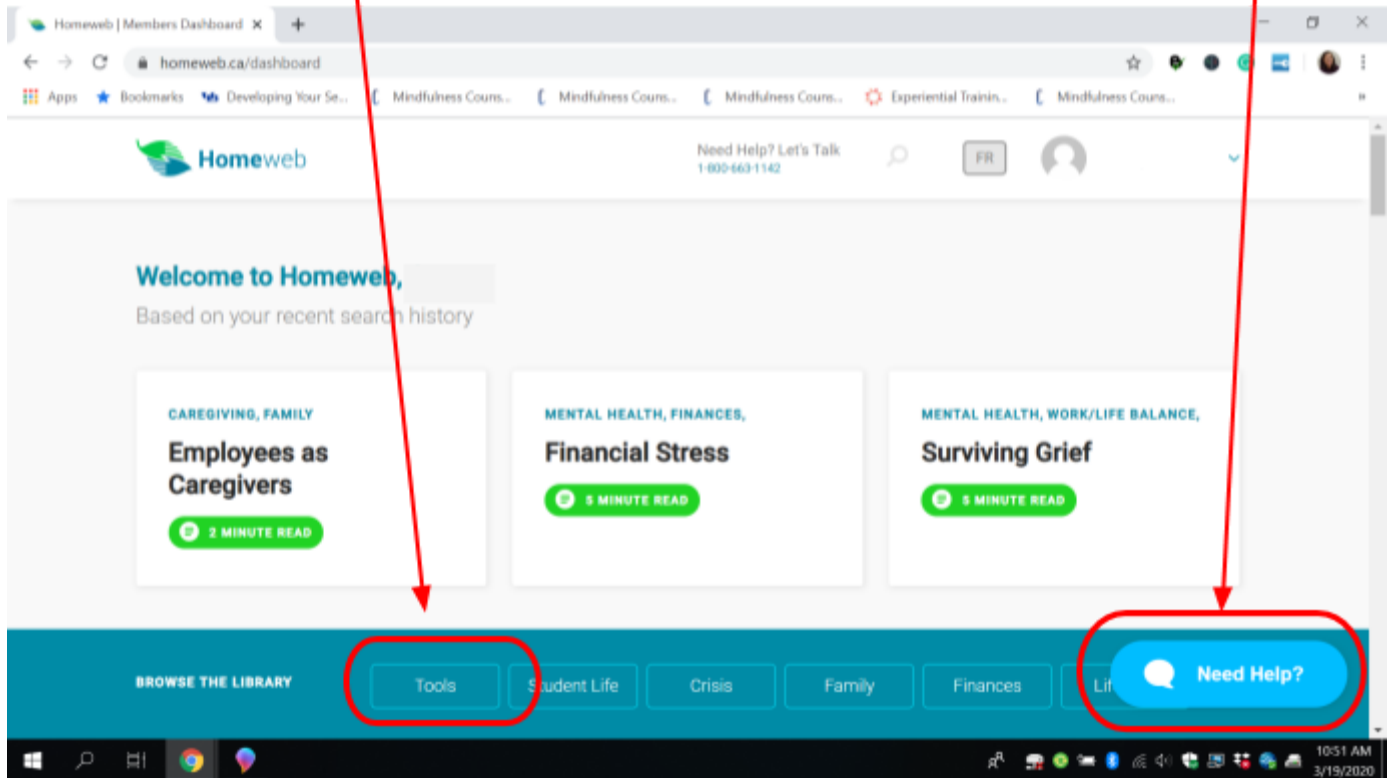
A wide variety of mental health and wellness information, supports and tools are available through Homewood Health's online portal, [Homeweb](#).

**New!**

- Free e-courses
- Life Smart Coaching

Click the “**Need Help?**” button to access:

- Homewood’s toll-free number
- Live online chat support
- i-Volve online CBT (*New!*)



### [i-Volve](#)

In these unprecedented times, many of us are experiencing increased levels of anxiety. i-Volve is Homewood’s online, self-paced Cognitive Behavioral Therapy (CBT) treatment program for depression and anxiety. CBT is one of the most recognized, best-practice psychotherapeutic approaches for treating anxiety and depression. Now CBT support is available to you 24 hours a day, seven days a week. Click on ‘self directed services’ to get started!

*Should you be experiencing a crisis or thoughts of harm to self or others this program may not be suitable for you.*

*Please go to the closest hospital Emergency Department, call the [AHS Mental Health Help Line](#) 1-877-303-2642, Homewood Health 1-800-663-1142, or the City Chaplain 780-496-7863 for further assistance.*

### [E-Courses](#)

At the click of a button, employees now have access to FREE Homeweb e-Learning courses. The e-courses provide self-paced, private, and personalized learning experiences designed to improve personal health and well-being and/or workplace effectiveness.

Topics include the following, and much more:

- Resilience
- Parenting
- Taking Control of Alcohol Use
- Leading the Human Side of Change
- Managing Sensitive Employee Issues

For more information check out the [E-Course Catalogue](#).

### **[Life Smart Coaching](#)**

Life Smart coaching empowers you with information and support to manage those everyday challenges. From parenting and nutrition to retirement and grief, Life Smart Coaching is a resource to help you care for and nurture your own and your family's health and well-being. For more information check out the [Life Smart Catalogue](#) or call Homewood Health 1-800-663-1142.

### **There's an App for that!**

Homewood is making access to treatment tools, resources and support even easier. With the [e-App](#) mobile phone application for iOS and Android devices, you will have access to a wealth of expert articles, tools and resources on [Homeweb](#), as well as one-touch phone access to Homewood's Client Services and HomeChat (live chat). The app is available free to download. Simply register, log in and the app is ready to use. Click [here](#) for more information on how to access the e-AP mobile application.

### **More Information**

[Homewood Health - Frequently Asked Questions \(FAQs\)](#)

If you have any additional questions or are experiencing difficulty in accessing these supports and tools please contact Lacey Ranslam 780-496-5449 or John Dowds at 780-496-7863.