

# Continuing Care: From Short-Term to Long-Term Counselling

Your healing journey doesn't have to stop. Stay with the same counsellor—without starting over.

Your Employee and Family Assistance Program (EFAP) counselling can be the beginning of a longer healing journey. And the good news is, you don't have to start over: long-term counselling can continue with the same trusted counsellor, without the need to transition to a different provider.

But what if you need more time? With Homewood, you don't have to begin again. If your situation calls for longer support, you can move seamlessly from **Short-Term Counselling (STC)**—available at no cost through your EFAP—to **Long-Term Counselling (LTC)**, which may be covered by your extended health benefits. This lets you keep the connection you've already built with your counsellor.

With more than 140 years of leadership in mental health care, Homewood is here to help improve life—every step of the way.

## Start with EFAP. Continue with confidence.

- **Collaborative, personalized support:** Get matched with a counsellor that recognizes your needs and preferences through our guided intake process. Together, you'll set meaningful goals and work toward them at your own pace. You can request a new counsellor at any time if needed.
- **Flexible, short-term care:** Access 3–4 solution-focused sessions per issue, at no cost. The number of sessions may vary based on your personal situation.
- **Ongoing support options:** If you'd like to continue beyond the initial sessions, you may choose to keep working with the same trusted counsellor for longer-term therapy. You have the flexibility to use your group benefits to help cover the cost of continued counselling beyond EFAP sessions.
- **Specialized care pathways:** Get support for a range of unique needs, including eating disorders, child and youth services, trauma, and more—with guidance from Homewood to help you find the right fit.

Need more information or assistance? All calls are completely confidential.



**1-800-663-1142** | 1-866-398-9505 (Numéro sans frais - en français)  
International (Call Collect): 604-689-1717  
[homeweb.ca](http://homeweb.ca)

**140** years **Homewood Health**  
Experience the power of care

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- **Trusted clinical network:** Our experienced counsellors are supported by dedicated clinical leaders to ensure you receive high-quality, consistent care.

Our dedicated intake team takes the time to understand what matters to you, so you don't have to navigate the process alone. Let us do the work of finding the best fit for your care. Instead of searching on your own, you'll have access to a network of professionals who meet high standards of quality and care.

## When to consider continuing care:

- Some goals can be reached in just a few sessions, but continued counselling may help if deeper issues come up or you find ongoing support beneficial.
- You may choose to keep working with the same counsellor to address long-standing challenges, navigate life transitions, or gain deeper self-understanding.
- A strong connection with your counsellor provides trust and consistency, helping you make deeper progress over time. Staying with the same provider means you don't have to start over—you can continue working toward your goals with someone who understands your story.

## Already working with a Homewood counsellor?

You can continue with the same counsellor, even if your EFAP sessions have ended. Simply use your extended health benefits for reimbursement, if available.

And remember—EFAP is always available for new concerns. You can return for short-term counselling again or access services like nutritional coaching, family support, or health coaching.



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