



Welcome to inConfidence®

powered by Inkblot

Get the right care,
without the wait.
Anytime. Anywhere.

Your Employee & Family Assistance Program, inConfidence, is here for you and your dependants with comprehensive and personalized wellbeing support from a diverse network of care providers.

Therapy Counselling

Confidential online or in-person therapy that matches you with a qualified therapist.

Individual Counselling - 5 hours | Couples and Family Counselling - 5 hours

Counselling can be covered under your health benefits plan after using the 5 hours.¹

¹The extent of coverage will depend on your plan. Eligible expenses can be reimbursed by submitting a claim just as you would for other benefits covered by your plan.

Work & Life Support

Get support from registered nurses, dieticians, coaches and trained experts to help you navigate all aspects of life and achieve your personal goals.

- ✓ Work and Career
- ✓ Health and Nutrition
- ✓ Legal and Financial
- ✓ Life Transitions

Note: The EFAP coverage specified applies to both members and their dependents on an annual basis.

Register now to get started



myinconfidence.ca

In crisis? Prefer to connect by phone?

Call **1-855-933-0103** (toll-free 24/7/365)

