

Unifor Ford Employee Family Assistance Program & Community Services

Message from Trevor Mason Unifor Local 707 EFAP Representative

The employee family assistance program is a confidential service, providing support for Local 707 members and their families in the areas of mental health, addiction, substance abuse, grief, or other life issues. Although not a crisis service, we strive to respond quickly to any enquiry. Where we are not able to offer direct assistance, we help by directing you to resources in your area.

Mental Health

988 Suicide Crisis Helpline

Call or Text 9-8-8 www.988.ca

If you are thinking of suicide or are worried about someone else, reach out to a trained responder that will listen without judgement and provide support.

Distress Centre Halton

www.dchalton.ca

- **Burlington:** 905-681-1488
- **Halton Hills/Milton:** 905-877-1211
- **Hamilton:** 905-561-5800
- **Oakville:** 905-849-4541

Mental health assistance is available through Canadian Mental Health Association. Each region has different services available, but it is all accessible through the main website.

www.cmha.ca

Green Shield Coverage

For individual counselling, all members have \$1000/calendar year at \$100/session for each person listed on coverage. To qualify for reimbursement, the therapist needs to be a MSW (master of social work), licensed psychotherapist (NOT Qualifying) or a psychologist. Psychology Today is a good tool for finding therapists in your area. It can be filtered by issue/age/area.

www.psychologytoday.com/ca

Substance Abuse or Addiction

If you or a family member is struggling with substance abuse or addiction- please call the office cell phone (905) 467-3008 as there is direct help available- up to and including residential treatment options.

Addiction/substance abuse supports are specific to each region. Here are some links to some of the services.

Halton Region	ADAPT	www.haltonadapt.org	(905) 639-6537
Peel Region	PAARC	www.paarc.com	(905) 629-1007
Hamilton	ADGS		(905) 546-3606
Niagara Region	CASON	www.cason.ca	(905) 684-1183