

# Homewood Pathfinder Comprehensive

## Your Employee Assistance and Mental Health Program

### Specialized Care to Support You and Your Family

Pathfinder offers you the ultimate solution. Maximum choice for accessing care with in-person, phone and online care options, advanced technology to enhance your user experience, and specialized mental health care delivered by Canada's trusted experts in workplace mental health.



Mental Health  
Counselling



Leadership Mental  
Health Training



Sentio iCBT  
Platform



Integrated  
Wellness & Coaching



Digital Mental  
Health Platform



Guided Care  
Recommendations



Enhanced Mental  
Health Care



Digital Health &  
Wellness Resources



Diversity, Equity &  
Inclusion Support

## How it Works

Complete an online assessment in just a few minutes or call us and speak with a Homewood care representative to start your journey. We'll create a personalized care plan as unique as you.

### Mental Health Counselling

For all of life's challenges

Access mental health counselling in-person, by phone or by video.

- Burnout & Stress
- Depression
- Anxiety
- Life changes/transitions
- Relationship, Couples & Family
- Grief & Loss
- Addictions
- Workplace Issues & Anger
- Culture & Identity



### MeetNow

#### Immediate, On-Demand Counselling

Connect instantly with a mental health counsellor. No need to book an appointment. With MeetNow it's never been easier for you to get help.

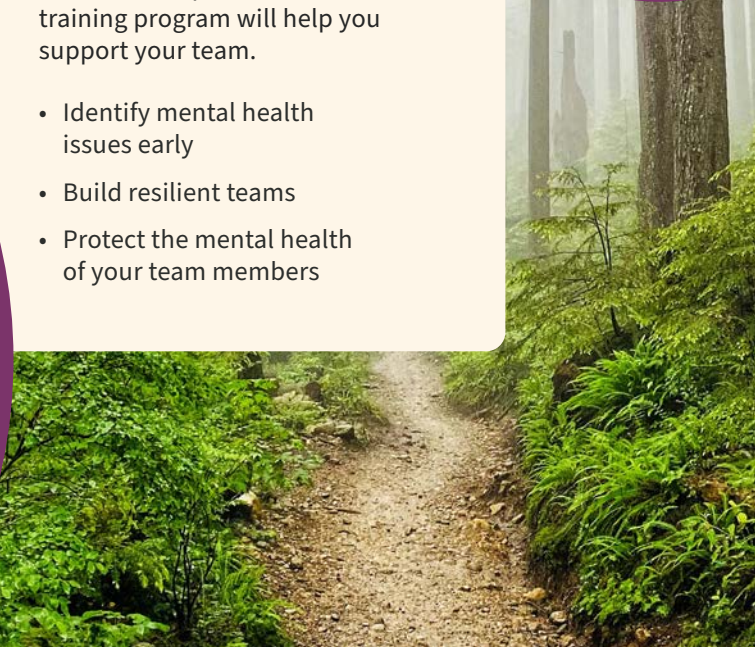


### Leadership Mental Health Training

Are you a leader?

Our leadership mental health training program will help you support your team.

- Identify mental health issues early
- Build resilient teams
- Protect the mental health of your team members





## Burnout & Stress Solutions

Identify, manage and control stress with Pathfinder's Burnout & Stress Solutions program.

### Build Resilience

- Speak with a specialized counsellor
- Access an online workbook and resources

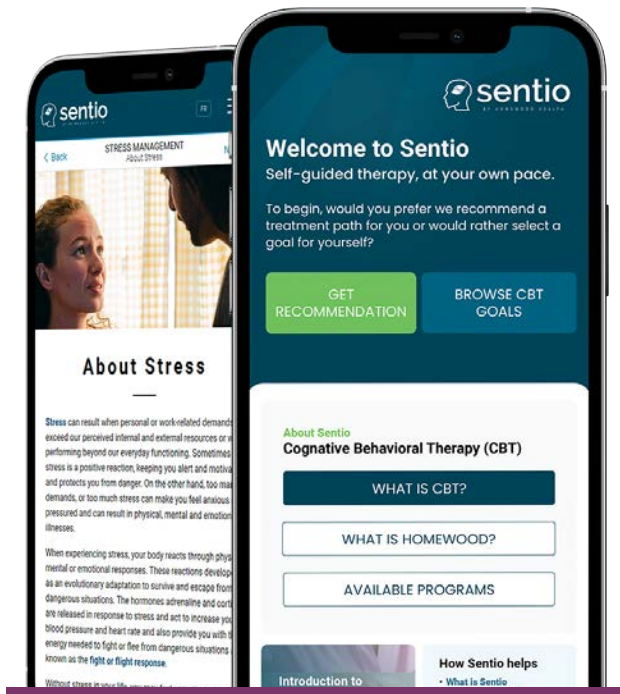


## Sentio iCBT Platform

### Online Cognitive Behavioural Therapy

Access to three distinct online mental health program options:

- Self-Directed: specialized self-guided online therapy accessible anytime, anywhere from a smartphone, tablet or computer
- Counsellor-Assisted: expert online guided support from a dedicated counsellor with unlimited messaging for up to 12 weeks.
- Integrated Therapy: a unique online experience expertly guided by a dedicated therapist with regularly scheduled live therapy sessions for up to 12 weeks.



# Integrated Wellness & Coaching

## Proactive, Integrated Care

Coaching and online resources that will help your mental, physical, financial and social well-being.

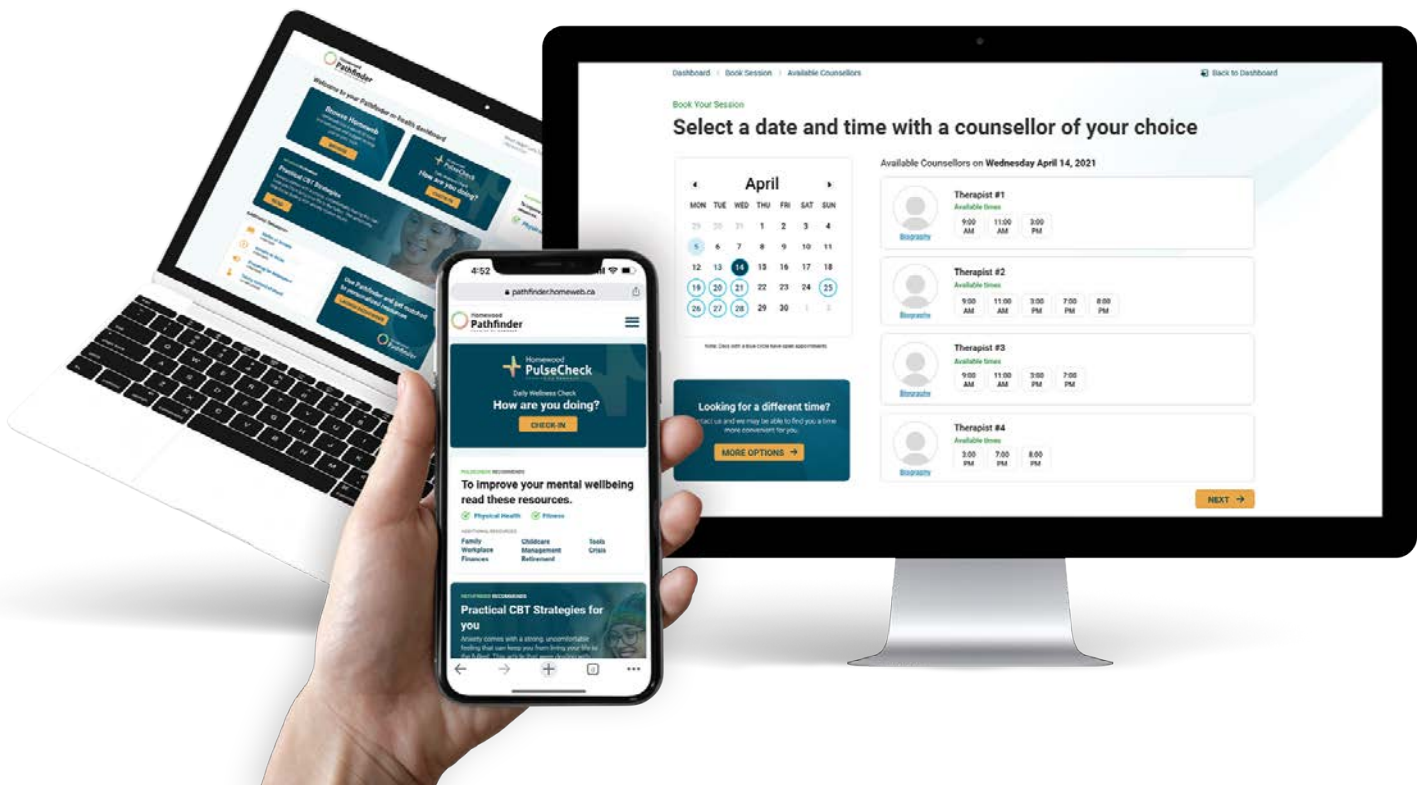


- Financial
- Legal
- Nutrition
- Lifestyle Changes
- Relationships
- Elder and Family Care
- Physical wellness
- Career planning
- Workplace issues
- Pre-retirement planning
- Shift Work
- Smoking Cessation

# Digital Mental Health Platform

## Improving the online user experience

A simple to use, smart platform that is personalized based on your needs and acts as a gateway to all of your employee assistance and mental health resources.





## Guided Care Recommendations

The right care at the right time

- Option 1: Speak to a care representative by phone and get directed to the right care
- Option 2: Go online, complete a short assessment and get recommended a personalized care path
- All recommendations evolve in real-time as your needs change
- Switch seamless between a phone and online experience with no disruption to your care



## Enhanced Mental Health Care

Intensive mental health support

- Specialized clinical programs with longer term support
- Anxiety, depression, trauma and substance use therapy options available
- Delivered by expert support from masters level therapists, certified to provide psychotherapy

## Digital Health & Wellness Resources

Mental, Physical, Social & Financial Well-Being

- Online articles, videos, interactive exercises
- Digital wellness sessions & e-courses

## Diversity, Equity & Inclusion (DEI) Support

Racially, Culturally & Socially Aware

- Diversity, equity & inclusion informed support
- DEI counsellor-matching
- Online DEI supportive content





## Chloe's Story

Chloe is a 37 year old mother of two young children who just started a new job in account management.



### Work-Life Balance

Excited to take control of her wellness, Chloe creates an online account and completes her first Pathfinder journey to get personalized recommendations on how to lead and maintain a healthy work-life balance. She is recommended a series of digital wellness sessions and articles to read.



### Managing Debt

Three months into her job, the weight of inflation and rising interest rates are putting pressure on her finances. Chloe wants to talk to a financial planner to help budget her mortgage, car loan and childcare payments. This time, she wants the reassurance of speaking directly to a professional. Chloe calls and speaks to a Homewood care representative who connects her with a financial advisor and also recommends online tools to help manage financial stress.

*Continue reading Chloe's story on the next page...*



## Chloe's Story Continued...



### Increased Anxiety

Nine months into her new job, Chloe is feeling anxious. She is having trouble sleeping, she's easily overwhelmed at work, and is starting to have trouble concentrating on tasks.

After putting her kids to bed, Chloe goes online and does a Pathfinder journey. Her suspicions are confirmed. Chloe is struggling with anxiety. Pathfinder recommends Sentio Integrated iCBT with live therapy sessions. Chloe starts the online program. Within a few weeks of starting the program and video conferencing with her therapist, Chloe starts to feel more in control of her anxiety.



### Wellness

After completing Sentio Integrated iCBT for anxiety, Chloe wants to continue on her path to wellness and sets a reminder in her calendar to visit her online mental health platform weekly.

Chloe watches videos, does exercises and reads articles on self-care, mindfulness, work-life balance and physical wellness to help keep her wellness in check.

## Access Specialized Care Today.

All calls are completely confidential. Support available 24/7.

1-800-663-1142 | TTY: 1-888-384-1152

International (Call Collect): 604-689-1717 | [Online at Homeweb.ca](https://www.homeweb.ca)

### What if I'm in crisis?

- If you are in crisis, please call 911, your local emergency service or call us at the numbers listed above.