

1. FSEAP Counselling Services for all Eligible Employees

Eligible employees can access 7 counselling sessions per family between April 1, 2020 and March 31, 2021. Counselling is available by phone or video during COVID-19 from counsellors in Yukon and BC.

Crisis counselling and intake services are available 24/7.

Call 1-800-667-0993 or (867) 668-3327 to access a counselor.

Up to 4 additional sessions are available in exceptional or urgent circumstances as a bridge to accessing longer term care.

The fseap counsellor will identify if additional sessions may be needed and make a recommendation to their clinical supervisor (this is the preferred approach to maintain employee confidentiality) or employees or HR may make a request to [Jeananne Nicloux, Director Health, Safety and Wellbeing](#).

2. **Psycho-Educational Sessions** - these 60 minute sessions are facilitated by an fseap counselor and are hosted via Zoom for up to 100 participants. They include an overview of a mental health topic with a time allowance for questions from the participants. Time for questions may be limited in larger groups. Costs for these sessions are included in the employee and family assistance program. Managers or HR staff can arrange for these workshops by calling 1-800-667-0993 (ext. 4004 or 3718).

Stress and Anxiety Management through COVID-19

This educational session provides clients with information about anxiety during the pandemic. The facilitator will explain why anxiety and stress are normal and will discuss strategies and tools that clients can use to cope with their anxiety. This session also goes into the importance of self-care and how to increase your self-care.

Coping with Working From Home during COVID-19

This educational session discusses the challenges of working from home and how to combat those challenges. We will talk about the importance of setting boundaries and reaching out for support. The session also gives strategies and tips on how to maintain productivity and motivation while working from home.

Coping with Change

This educational session will look at ways of understanding the current pandemic through the lens of transition and the associated grief that comes with significant change. The counsellor will address how the transition might be experienced at both the individual and community level, along with the universal and natural reactions of grief that follow.

3. Group Debriefing Sessions

These group sessions, some times called Critical Incident Response, are one to two hours in length depending on the intensity and the size of the group.

Debriefing sessions offer an interactive opportunity for employees to share their concerns. fseap counsellors are on stand by to customize the session to the issue your team feels is struggling with, i.e. feeling the emotional burden of delivering essential services, teams who are struggling to adapt to working from home, a team that needs assistance with decompressing in light of the amount of change and uncertainty, or a response to a critical incident in the workplace.

Managers or HR staff can arrange for these sessions by calling 1-800-667-0993 (ext. 4004 or 3718)