

# Your SRA Member Assistance Program

## Get to know your MAP



Everyone faces challenging and stressful events in their lives. Most of the time we can handle these situations ourselves; other times we could benefit from some support.

GMS has partnered with Homewood Health to provide a Member Assistance Program (MAP) which delivers professional, confidential, and proactive services to support you through a wide range of personal and family concerns.

### What benefits are available to me?

Your MAP is here for you whenever you need it, 24 hours a day, seven days a week, 365 days of the year.

Within a confidential environment you can receive coaching and counselling support for any challenge — whether it's a first step in facing a possible addiction, or managing day-to-day stress.

### Your confidentiality is guaranteed.

Homewood Health is a trusted company with years of experience delivering the best possible support for clients like you. Everyone is guaranteed confidentiality within the limits of the law. Neither you or the details of your inquiries will be identified to anyone.

People frequently use an MAP for personal challenges such as relationship or family concerns, anxiety, depression, addictions, grief, coping with health issues, or other challenges.

Homewood Health will match you with a counsellor who suits your needs and provides you with short-term solutions and support.

If you are identified as requiring additional, longer-term treatment or specialized support, Homewood Health's counsellors will refer you to community-based resources and programs which meet your unique needs.

### How does the counselling program work?

Counselling services can be offered face-to-face, over the phone, through video, or online. Offices are local and appointments are made quickly, with your convenience in mind.

Contact Homewood Health to learn more.



**1-800-663-1142**

**TTY: 1-888-384-1152**

**International (Call Collect):**

604-689-1717

homeweb.ca

Your MAP is part of your **Saskatchewan Retirees Association Health Plan**

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## Your Member Assistance Program: Get to know your MAP

If you have a preference for location, gender, or appointment time, they'll do their best to accommodate your preferences.

When you need to speak with someone, simply call Homewood Health — staff will ask you for some basic information (to establish your eligibility for this benefit) and will help set up an initial appointment at a time that is convenient for you. An experienced counsellor will assess your concerns and help you develop practical solutions.

### Life Smart Coaching

Life Smart Coaching is a suite of telephonic services with supporting materials that offer assessments, coaching, and resources; each service has been developed to allow you to take a proactive approach to managing everyday challenges.

A Life Smart intake counsellor will contact you within 72 hours to offer you an appointment with an appropriate specialist.

Life Smart Coaching Services include three major components with service options for each area:

#### Life Balance Solutions

- Elder and Family Care
- Legal Advisory
- Financial Coaching
- Relationship Solutions
- Grief and Loss

#### Health Smart Coaching Services

- Nutritional Coaching
- Smoking Cessation
- Jumpstart your Wellness

#### Career Smart Coaching Services

- Retirement Planning (including post-retirement)

### Online Services – Homeweb

Homeweb is part of your Member Assistance Program. You can access Homeweb on your phone, tablet, or desktop. Homeweb offers you the ability to create an individual profile, receive personalized content recommendations, and access lots of helpful resources – anywhere, anytime.

Access Homeweb for interactive tools, health and wellness assessments, child and elder care resource locators, and a library of health, life balance, and workplace articles.

#### How do I register for Homeweb?

**Step One:** Visit [www.homeweb.ca](http://www.homeweb.ca) and click 'Sign Up'.

**Step Two:** Enter information into the required fields, choose an email and password, and click 'Next Step'. Then, type in Saskatchewan Retirees Association for your Company Name/Organization and click 'Find it!' Select the correct company from the list provided. If you do not see your company listed, check the spelling and try again.

**Step Three:** Let us know how you are covered by Homewood, (e.g. through your organization or the organization of a family member), and let us know your relationship to the organization (e.g. retiree, spouse, dependent, etc.). Submit the additional information required and click 'Sign In' at the bottom of the page.

Search, browse, and get expert support.

#### What if I'm in crisis?

Homewood Health staff are prepared to take your call 24 hours a day, seven days a week. **Help is always available.**

Who do I contact?

To speak to someone in confidence, for crisis services (24 hours a day) or to book an appointment contact us today by calling the number below.

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