

Homewood Pathfinder Plus

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



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

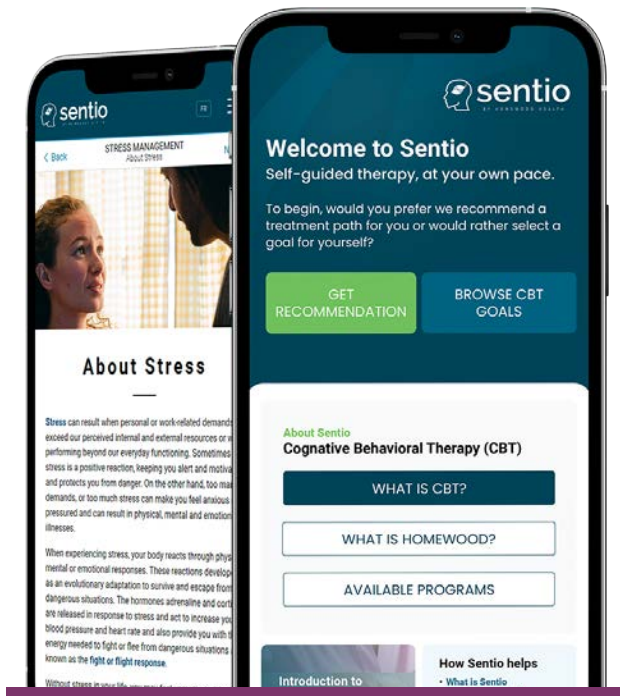


Sentio iCBT Platform

Online Cognitive Behavioural Therapy

Access to two 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.
- Over 20 treatment goals to choose from
- Video, audio, text resources and interactive exercises



Integrated Wellness & Coaching

Proactive, Integrated Care

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

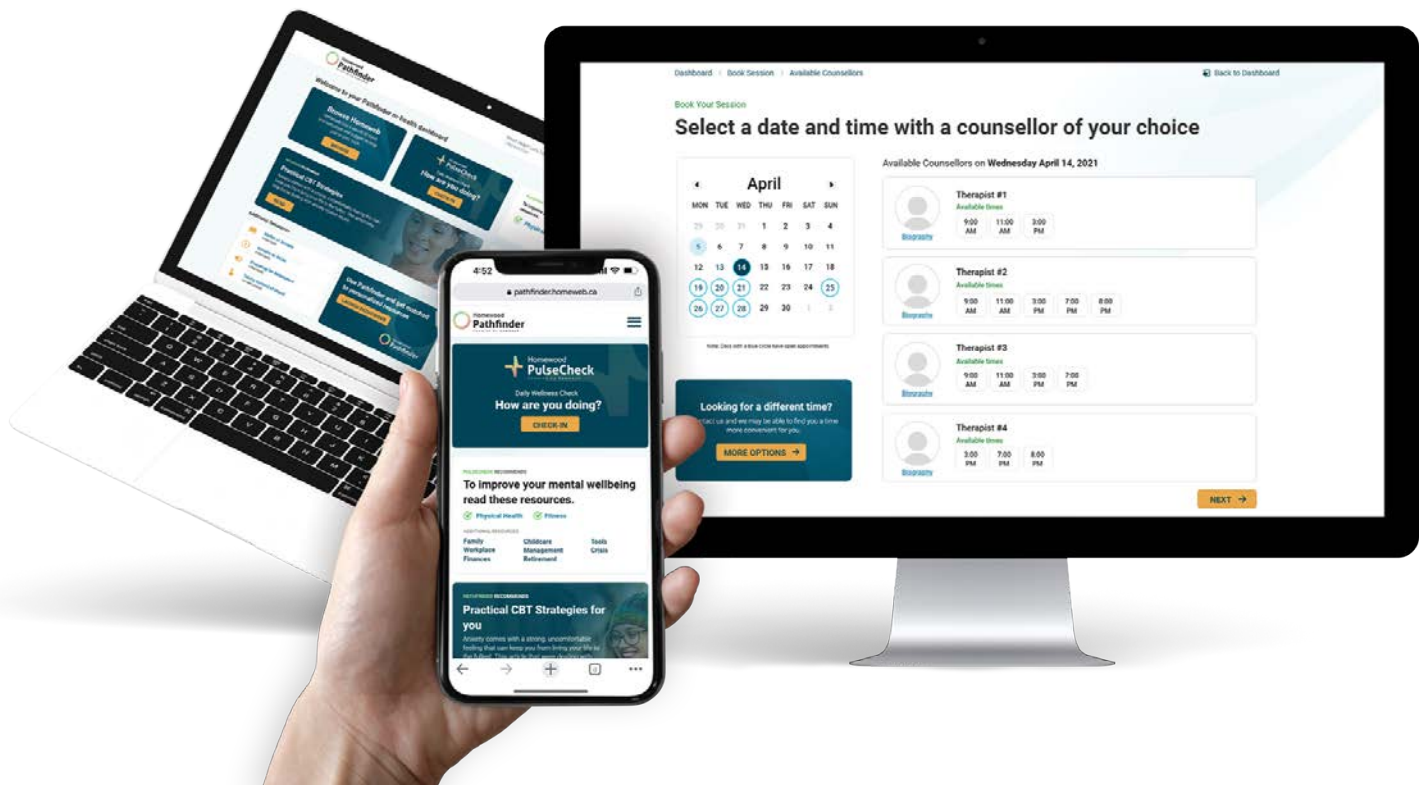


- Financial
- Legal
- Nutrition
- Lifestyle Changes
- Relationships
- Elder and Family Care
- Physical wellness
- Career planning
- Workplace issues
- Pre-retirement planning
- Shift Work
- Smoking Cessation

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



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





Mira's Story

Mira 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, Mira 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. Mira 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. Mira 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 Mira's story on the next page...



Mira's Story Continued...



Increased Anxiety

Nine months into her new job, Mira 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, Mira goes online and does a Pathfinder journey. Her suspicions are confirmed. Mira is struggling with anxiety. Pathfinder recommends Sentio Counsellor-Assisted iCBT. Mira starts the online program. Within a few weeks of messaging with her counsellor to work through her specialized online program, Mira starts to feel more in control of her anxiety.



Wellness

After completing Sentio Counsellor-Assisted iCBT for anxiety, Mira wants to continue on her path to wellness and sets a reminder in her calendar to visit her digital mental health platform weekly.

Mira 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.