



Employee and Family Assistance Program (EFAP)

You and your eligible family members have confidential access to professional assistance to help you achieve optimal and sustained wellbeing.

- Call 1-844-880-9142 toll-free to explore short-term, goal-focused EFAP support services.
- Access self-help resources and self-directed learning materials through the Lifeworks virtual platform. Visit <https://efapgos.lifeworks.com>, scan the QR code or download the LifeWorks App. Log in using the username: *gos* and password: *efap*.



Taskroom/EFAP



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