**September Safety Awareness**

September’s safety awareness will focus on mental health.

**Did you know that URSA offers an Employee and Family Assistance Program?**

* The program is offered through Homewood Health and it provides counselling for all of life’s challenges, along with lifestyle and specialty counselling.
* The program helps you take practical and effective steps to improve your health and well-being.
* Some of the challenges the counselling will assist you in overcoming are family, marital, relationships, addictions, anxiety, depression, life transitions, grief and stress.
* The program also offers “Plan Smart” counselling, which consists of nutrition, lifestyle changes, weight management, smoking cessation, childcare, elder/family care, relationships, financial, legal, career planning, workplace issues, pre-retirement and shift work.
* This program is completely confidential, and you can access the program by calling Homewood Health’s toll-free number 1-800-663-1142.
* You can also visit Homewood Health’s website at [www.homeweb.ca](http://www.homeweb.ca) and create an account for access to more information.

