Counselling and Advice

Resources for Challenging Situations

Your GSAP provides confidential, professional and solution focused counselling for a broad range of personal problems including managing anxiety and depression, controlling substance use, resolving family conflict, balancing life roles, and more.

The Homewood Health professionals are registered psychologists or Masters-level registered counsellors, chosen for their extensive experience dealing with a variety of psychological and health issues.

Homewood Health makes every effort to match clients with clinicians based on various client needs within a vast clinical network. If at any time you feel your clinician is not a suitable fit, you are encouraged to call back and request an alternate clinician within our network.

Family Mediation. Resolving disputes in our personal relationships sometimes requires an impartial facilitator to guide the discussion and ensure a safe and respectful environment. Our mediation services can provide assistance with separation and divorce, parenting or eldercare issues, and sibling relationships.

Culture-Sensitive Counselling & Indigenous Services. Where possible, clients will be matched with clinicians who have an appreciation of cultural sensitivities. We also have a network of approved Elders, Spiritual Healers, and Indigenous services to support those for whom these services are desired. Clients may wish to select and request Elders from a community they are comfortable with.

About GSAP

Resources for You and Your Family

Whether it is simple “how to...?” advice, counselling, fact sheets, or self-directed resources and lifestyle services, GSAP can help you take steps to achieve optimal health and well-being.

The Graduate Students’ Assistance Program (GSAP) has been designed to:

• Provide a solution focused cognitive behaviour therapy approach.
• Provide immediate assistance in times of crisis.
• Help you deal with depression, anxiety, fear, addictions, or other personal health issues.
• Support you through life stage transitions (e.g. marriage, career change, bereavement).
• Help you tackle everyday issues and balance multiple life roles.
• Prevent problems from becoming overwhelming.
• Provide support and advice for achieving your health goals and obtaining new heights of well-being.

No matter where you may be studying or traveling, Homewood Health services are available 24 hours a day, 7 days a week. You can make arrangements to see a counsellor at a time and office location convenient for you, or work with a counsellor online or by telephone. Translation services can be arranged.

Homewood Health will assist you in finding a resource that meets your needs; they will provide appropriate follow-up, and monitor your progress and satisfaction.

Imagine…

...Being filled with optimism.
...Being free of financial worries.
...Having rewarding relationships.
...Possessing positive self-regard.
...Feeling passionate about your career.
...Having great parenting skills.
...Learning time management skills.
...Improving communication.
...Getting a good night’s rest.
...Having abundant energy.
...Making the right food choices.
...Changing bad habits.

How To Access

Homewood Health
780.428.7587
1.800.663.1142 (English)
1.866.398.9505 (En Français)
1.888.384.9505 TTY (Hard of hearing)
604.689.1717 International (Call collect)

Homeweb.ca

U of A GSAP Administrator
Human Resource Services
780.492.2349
sarah.flower@ualberta.ca
www.uab.ca/assist

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Resources To Help With Work Issues

Workplace advice line. This service is designed for those times when you need advice on how to handle a difficult work situation. If you are a manager or supervisor dealing with a workplace conflict situation, unusual behaviour, or want to provide assistance to a troubled staff member, you can call and get help right away.

Conflict Resolution. If you are dealing with a difficult or stressful situation involving a colleague, you can receive professional advice and coaching, allowing you to take specific actions with a high degree of confidence.

Crisis Management services. In the event of a trauma or victimization incident, Homewood Health trained professionals are available to provide onsite support and follow-up to ensure everything possible is being done given the circumstances.

Life Smart - Lifestyle and Specialty Counselling Services

Childcare and parenting services. Our childcare and parenting specialists will work directly with you to ensure your unique family needs are taken into consideration. As a component of our childcare and parenting services we also offer the New Parent Outreach Service. This service provides those who have recently become or are about to become a new parent, with a unique outreach support process designed to empower them with knowledge and skills.

Elder and family care services. We have elder care specialists on staff to work one on one with you, providing an immediate needs assessment and follow-up with customized information. Our specialists will also speak directly with the elderly person if required, or they may arrange for an independent provider to undertake an in-home assessment.

Legal advisory services. If you are faced with a legal situation and don’t know where to turn, this service provides advice (but not legal representation) on a variety of issues including adoption/guardianship, bankruptcy, child custody, consumer complaints, divorce, wills and trusts, and much more.

Financial advisory service. The focus of financial counselling is assessment, short-term consultation and referral when required. Financial counselling can be provided through individual counselling, group presentations accessed through telephone or e-mail consultation.

Grief and loss. Grieving can be an overwhelming and complex process. Every individual reacts differently and experiences grief and loss in unique ways. Homewood’s Grief and Loss Coaching Program helps you understand the grieving process by providing you with coaching support and resources to help you manage through the range of emotions and difficulties one experiences when faced with a significant loss. This program is helpful to those who have lost a loved one or are experiencing other forms of loss in their life, including job loss, divorce, or ending of a relationship.

E-learning courses. Homewood Health offers 20 self-paced, confidential, and interactive online courses. Each confidential e-Learning course is self-directed, and pres-ents printable information, quizzes, and exercises. Some have interactive, printable action planning guides that can be customized to allow you to input your own scenarios and goals.

Family childcare and eldercare resource locators. This tool enables you to conduct your own customized searches by keying in your own specific requirements. You can search for daycare, home care, respite care, child services and child care, schools, day camps, overnight camps and residential facilities for kids with special needs. nutritional assessments, action plans, menu planning and encouragement.

i-Volve: Online CBT. i-Volve is an online, self-paced treatment program for depression and anxiety using the best practice treatment approach, cognitive behavioural therapy (CBT). This innovative treatment program will guide you through exercises that examine and test how you interpret and perceive external stimulation. These insights will help you change and adapt the ways in which you think, feel, and react in various situations. i-Volve will help you to identify, challenge and overcome your anxious and/or depressive thoughts, behaviours and emotions.

Homeweb. 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 – including e-Courses, articles, assessments, counselling and support. You can also book appointments through Homeweb using Homechat. Chat with Homewood intake counsellors who will answer any question you may have.