

In response to the Quality of Life Survey results as one initiative, StFX is pleased to announce the launch of WellTrack a computerized Cognitive Behavior Therapy program for faculty and staff. WellTrack is the flagship product of CyberPsyc, a leading online treatment provider.

Beginning this week, faculty and staff will have access to WellTrack, an online resource for stress, anxiety and depression directly from their own computers and smartphones.

Faculty and staff will be able to securely and anonymously access WellTrack to assess their personal wellbeing and gain immediate access to resources tailored to meet their individual needs. Users will be able to engage in self-guided therapy, or interact with tools designed to help them adjust their thoughts and behaviour.

MoodCheck, the companion mobile app to WellTrack, provides users with a quick and easy way to check in their mood while on the go. MoodCheck is available for free from the Apple App Store and from Google Play.

1. Visit: <http://Signup.mywelltrack.com>
2. Enter your access code STFXWellTrack and create an account
3. Watch for an email from [support@mywelltrack.com](mailto:support@mywelltrack.com) to confirm your account
4. You are now logged in and ready to begin your course.

**ACCESS CODE:** STFXWellTrack (not case sensitive)

In addition to Welltrack, the Employee and Family Assistance Program (EFAP) provide confidential support 365 days a year 24/7. EFAP is the cornerstone of the STFX Wellness program and offers information and support on a wide range of topics for example;

- Naturopathic Services
- Family Support
- Health Coaching
- Nutrition Support
- Family & Relationships
- Careers & Workplace
- and so much more
- Professional Counseling
- Fitness Support
- Legal Support
- Financial Support
- Diseases & Conditions
- Life Events

EFAP Support services can be accessed by calling directly toll free 1-800-361-5656 or <https://www.workhealthlife.com/>

For more information on STFX benefits please visit <http://sites.stfx.ca/hr/>