

Employee Family Assistance Program

Empowernet

Empowernet is a resource library where employees can get self-directed help through articles, tools and information on topics such as:

- Addictions and Recovery
- Legal Issues
- Seniors and Elder Care
- Parenting
- Personal Finances
- Physical Health and General Wellness
- Relationships and the Family
- Trauma in the Workplace
- Work/Life Issues
- Mental Health

Directions:

You can log on at the following address:

<http://www.warrenshepellservices.com/empowernet2/>

1. You will need to register as a **new user**.
2. You will need to pick a **user name** as well as type in your **first** and **last** name. This will be kept as confidential information.
3. When asked to give your organization name, please type **GNWT**. You will then be granted immediate access to a wealth of health and wellness information!

Please contact chrs@gov.nt.ca or (867) 873-7322 if you have any problems logging on.