

# Shift Worker Support



If you are one of the millions of workers who work at times other than those between 7:00 a.m. and 6:00 p.m., then you know first-hand the challenge of fighting the body's natural wake-sleep pattern, and the strain shift work can put on your health, well-being, family, and social life. We help you find solutions to your unique challenges.

## Stay healthy and safe while working shifts!

- **Not getting enough sleep?** We might be able to help

because sometimes making small changes can make a big difference.

- **Stressed out trying to manage family and social life?** We help you develop strategies to help manage your responsibilities and your health.
- **Frustrated family members?** If you are looking for ways to keep your family relationships harmonious, we can offer suggestions.
- **Are you a woman working shifts and caring for a family?** Female shift workers have almost three times the number of accidents as male shift workers. We can help you stay safe... and sane.

Call us to get started (translation to other languages available.)  
1.800.663.1142 | TTY: 1-888-384-1152 | Numéro sans frais - en français :  
1-866-398-9505 International (Call collect) : 604-689-1717

[www.homewoodhealth.com](http://www.homewoodhealth.com)



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### **One call is all it takes to get started.**

Plan Smart empowers you with the information and support you need to help you make shift work a part of a healthy and rewarding personal and work life. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few specific questions to make sure you receive the customized service that will be most helpful.
2. We arrange for one of our counsellors to call you and walk you step-by-step through all the types of support that you could benefit from—Internet resources, printed materials, and more.
3. We'll be in touch with you as much as you need when you're using the materials and help you build the confidence to solve almost any work-life challenge.

**If you ever feel overwhelmed or stressed out by the challenges you face, we can easily arrange counselling (face-to-face, over the phone, or through the Internet).**



**Plan Smart can help you make shift work easier and safer!**

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