

Looking for advice and support?



**Personalized care to guide you on your mental health and wellness journey.**



Mental Health Counselling



Digital Mental Health Platform



Sentio iCBT Platform



Guided Care Recommendations



Integrated Wellness & Coaching



Digital Health & Wellness Resources



Diversity, Equity & Inclusion Support

Employees, family members, managers and supervisors. Advice, counselling, “how to”, and coaching 24 hours a day, 7 days a week by phone, Internet or in person. All calls are confidential and private.

We are your employee assistance, mental health and wellness program.

Call us anytime. It's your call.

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