

# Looking for advice and support?



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



Mental Health  
Counselling



Integrated Wellness  
& Coaching



Enhanced Mental  
Health Care



Virtual  
Care



Digital Mental  
Health Platform



Digital Health  
& Wellness  
Resources



Sentio iCBT  
Platform



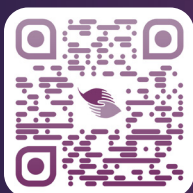
Guided Care  
Recommendations



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.**

**1-800-663-1142**

Numéro sans frais – en français : 1-866-398-9505

International (Call Collect): 604-689-1717 | [Homeweb.ca](http://Homeweb.ca)

