

Overview of your covered services

# Mental health and well-being support.



## Overview

Connect with counsellors for support with depression, self-esteem, anxiety, work stress, grief and loss, and a variety of other topics. This program is completely confidential, voluntary and accessible whenever you need it. Choose your counsellor based on clinical fit, cultural background, language, therapy approach and more. Registered nurses, dietitians, coaches and trained experts are also here to help you navigate all aspects of life and achieve your personal goals. This includes getting access to career advice, health coaching, support with transitions like pregnancy, help navigating legal issues, financial coaching and more!

## How to register on GreenShield+

1. Scan the QR code below or go to [app.greenshieldplus.ca](https://app.greenshieldplus.ca).
2. Follow the instructions.

Having trouble? Find help in our support centre at [greenshieldplus.zendesk.com](https://greenshieldplus.zendesk.com).

## Need support?

Speak with the customer care team via email at [support@greenshield.ca](mailto:support@greenshield.ca), or call 1-833-707-4747 for general questions or crisis support.



Log into your GreenShield+ account to access all your services.

[greenshield.ca](https://greenshield.ca)  
Organization Code:



# Mental Health and Well-being Support.

## Mental Health Counselling

With our personalized matching algorithm, find the right care provider for your unique needs and preferences.

- Individual counselling
- Couples counselling
- Connect with counsellors via video chat, audio or in person

## Legal and Financial

Get professional financial and legal advice to empower you to make the right decisions. You may reach out for legal and financial assistance as often as required.

- Budgeting, investing and retirement planning
- Credit management, mortgage planning and taxes
- Family conflict
- Wills and estate planning
- Criminal matters
- Consumer concerns and property law

## Health and Nutrition

The mind and body are connected. Our dietitians and health professionals are here to help you feel your best.

- Nutrition advice
- Illness and disease management
- Smoking cessation
- Weight management
- Preventive health and well-being support

## Work and Career

Our career consultants are ready to help you take your career to the next level.

- Professional development
- Career transitions
- Workplace stress or conflict
- Adapting to a changing workforce

## Life Transitions

We all experience change. Get support through it all with our health team.

- Becoming a new parent and navigating childcare
- Family planning
- Eldercare support
- Relationships
- Moving homes
- Parenting kids and teens



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