

# Emotional wellbeing and work-life balance resources to keep you at your best

ASK-Work/Life Solutions offers expert guidance to help you and your family address and resolve everyday issues



## In-the-moment support

Reach a licensed clinician by phone 24/7/365 when you call for assistance.



## Short-term counselling

Your program offers six (6) free (in-person or virtual) confidential counseling sessions per person, per issue, per calendar year.



## Mindstream™

A fitness studio for your mind with live and on-demand sessions to help you strengthen your life skills and emotional health. Engage with sessions anytime and anywhere. Return daily to track progress and discover new releases.



## Work-life benefits

Receive financial and legal referrals, as well as resources for childcare or eldercare, pet care, home improvement, car repairs, travel, education, and more.



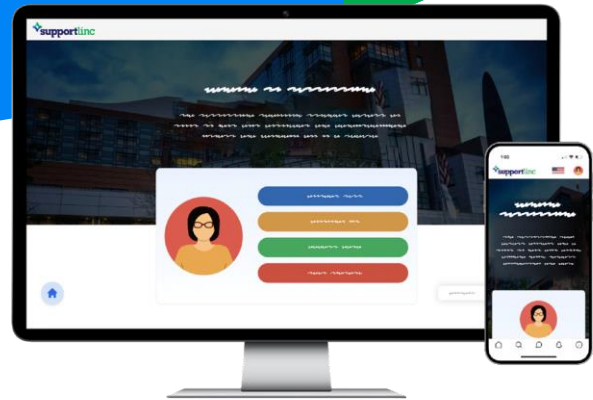
## Confidentiality

Strict confidentiality standards ensure no one will know you have accessed the program without your written permission except as required by law.



## Addiction Care Navigator

An online clinical assessment that offers a stigma-free, anonymous and confidential way to access substance use risk and immediately connect you with care support. A personalized action plan connecting you to ongoing care for addiction concerns across the entire spectrum of severity will be provided.



## Your web portal and mobile app

- Create a personal profile to quickly access support from a licensed clinician
- Complete the short Mental Health Navigator assessment and instantly receive personalised guidance to access care and support
- Receive recommendations and care options based on your unique needs
- Exchange text messages with a Coach
- Attend anonymous group support sessions on a variety of topics
- Strengthen your mental health and wellbeing at your own pace with self-guided digital therapy
- Discover flash courses, self-assessments, financial calculators, career resources, articles, tip sheets and videos

