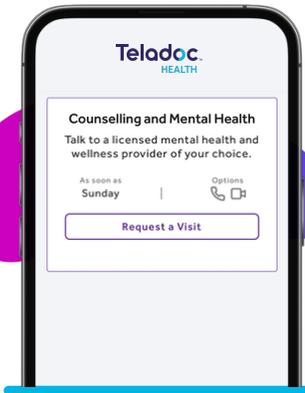




Counselling and Mental Health Care

What to know about this benefit



Are you struggling to:

- Manage anxiety, stress, feeling overwhelmed, or with negative thought patterns?
- Feel comfortable asking for mental health support from your family doctor?
- Find a mental health expert that fits your personal needs?
- Book an appointment with a mental health professional within a few weeks?

Through **Counselling and Mental Health Care**, you can choose your own therapist or psychologist from our network of experienced professionals and feel confident in finding the right match for your journey to healing and growth.

76%

Improvement amongst members with depression after third visit.*

75%

Improvement amongst members with anxiety after fourth visit.*

95%

member satisfaction rate.*

When should you use Counselling and Mental Health Care?

You should use this service if you are not feeling like yourself and would like to speak to a therapist or psychologist for support.

How does the process work?

On the app, start by filling out a brief medical history and your current concerns. You will then be able to review each provider profile based on your specific needs and preferences. You are then asked to provide 3 appointment days and times. Your chosen psychologist or therapist will connect with you at your preferred date and time through the Teladoc Health app, website, or via phone.

How much does Counselling and Mental Health Care cost?

Sessions are available at an hourly cost. This service may be covered at a cost claimed under your current benefits plan. Please speak to your benefits provider for further details.

*Data on file, 2022

Start your journey to better health today!

Reach out to your clinician or a Coloplast® Care Advisor to get started.

Visit www.coloplast.ca/care | Call 1-866-293-6349

