

Overcome **whatever** comes your way



If something is on your mind, big or small, there's support for whatever you're facing. **Mental Health Navigator** offers you a discreet and confidential way to seek mental health support from the comfort of your home. Our mental health professionals are here to point you in the right direction when it feels like you've lost your way.

Mental Health Navigator can help you:

- Learn to stay calm in highly overwhelming moments
- Manage and understand depression
- Create boundaries with relationships and family conflict
- Control anxiety from work or home stressors
- Manage the responsibility of caring for a loved one
- Overcome past trauma

“ I wish health care in Canada was like this all the time. This should be the standard of care. Talking to an expert doesn't have to be in person, it can be by video conference. ”

Jon

How Mental Health Navigator works:

1. Call 1-877-419-2378 to get started. The member will speak with a **mental health navigator** who guides them through the process.
2. A mental health expert clinician reviews the case and provides an in-depth review of your existing mental health diagnosis and treatment plan. A comprehensive report will be provided with recommendations and a customized action plan.
3. The **mental health navigator** will provide support linking you to the best resources and the most appropriate care in your community based on your customized action plan.



Feel like yourself again. Contact us today.

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