

# 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**



**Leadership Mental Health Training**



**Digital Mental Health Platform**



**Digital Health & Wellness Resources**



**Sentio iCBT Platform**



**Guided Care Recommendations**

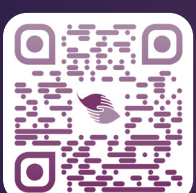


**Diversity, Equity & Inclusion Support**

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**



**Homewood Health**