

# Looking for advice and support?



**Personalized  
care to guide you  
on your mental  
health and wellness  
journey.**



**Mental Health  
Counselling**



**Digital Mental  
Health Platform**



**Sentio iCBT  
Platform**



**Guided Care  
Recommendations**



**Integrated  
Wellness & Coaching**



**Digital Health &  
Wellness Resources**



**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**