

Now more than ever, every action counts.



This year, with COVID-19 affecting every aspect of our lives, Canadians are feeling the impact of the pandemic on their mental health. Now more than ever, mental health matters and every action counts. If you or a family member are struggling, help is available.

Areas of Counselling:

- Relationships and Couples
- Family and Parenting
- Stress
- Anxiety
- Depression
- Substance Use
- Legal and Financial
- Grief and Bereavement
- Career Coaching
- Behavioural Management
- Diet and Nutrition
- Work-Related Stress
- Bullying and Harassment
- Crisis and Trauma

Our mental-health supports and services include elements such as childcare and eldercare support, multicultural and faith-based counselling and access to elders for those who wish to access services specifically designed around indigenous health. Our counsellor network offers diversity in the counsellors available to members and their families.

Click here to access our employee portal for online support and access to hundreds of self-help articles, assessments and webinars.



On January 28, join the conversation.

bell.ca/letstalk

1-800-661-8193

24 HOURS A DAY ANYWHERE IN NORTH AMERICA



HumanaCare
PEOPLE ENABLING PEOPLE