

CANADA WELL-BEING RESOURCES



If you are experiencing thoughts of suicide or self-harm, please call the 988 Suicide and Crisis Lifeline at [988](tel:988). You can also find a quick reference guide to crisis numbers at [UnderTheHat.com](https://www.underthehat.com).

NEED HELP WITH:	SERVICES OFFERED:	PROVIDER/PROGRAM:
Short-term counselling	• Four to five short-term counselling sessions by phone, video, chat or in-person • Available 24/7 for issues such as grief, anxiety, stress, etc. • Transition process in place for more sessions or longer term counselling	TELUS Health 855-522-1217 Manulife.ca/signin (click Mental Health Support) Mobile: Sign in to the Manulife Mobile app and access mental health support under "Get Care".
Work-life services	Professional consultations and educational support for various concerns including: • Legal consultations • Financial consultations • Career coaching and services • Nutrition and health consultations • Family support services (child/elder care)	
Online resources	• User-friendly platform, accessible through all devices • Book appointments • Easy access to online support resources (articles, video, audio, etc) • Inference-based cognitive behavioural therapy self-guided care plans • Webinars (overcoming burnout, stress, creating, etc.)	
Live care support	Personal support helps employees to find available resources, find the right counsellor, book appointments and get immediate support when needed.	

Additional resources may be available for financial, legal, elder/family care, substance use and more.

To find out what additional programs you are eligible for, go to builtforlife.com or call the Built for Life Benefits Line at 844-BILT4LF (844-245-8453).

If you need further assistance, contact the Benefits team at benefits@kiewit.com.