



GroupHEALTH Solutions

MENTAL HEALTH ISN'T OPTIONAL

We know that healthy minds and healthy bodies build on each other to create a whole, healthy person. Our unique approach includes:

 **Proactive protection**

Early intervention helps mitigate mental & physical health risks

 **Quality partners**

Employees engage with leading mental health professionals

 **Engaging employers**

Employers are in a key position to support employees

 **Supporting the whole person**

We embed comprehensive health solutions into all plans

 **Reducing stigma**

Our plans focus on awareness & easy access to mental health services

GIVE US A CALL & GET STARTED

1 866 636 3348

 **GroupHEALTH**
Benefit Solutions

grouphealth.ca

Mental Health isn't optional

OUR ESSENTIAL MENTAL HEALTH TOOLKIT

Two heads are better than one— grow your medical support team

WorldCare Medical Second Opinion

When your employees encounter serious diagnoses, including mental health disorders, they get automatic access to a team of world-renowned experts to get the best possible treatment, care, and outcome.

Cultivate a healthier mind and body for you and your family

LifeWorks' Employee & Family Assistance Program

GroupHEALTH's partnership with LifeWorks provides plan members access to counsellors and online resources to support their needs including health, family, money, work & everything in-between.

Guidance to navigate the unexpected, together

Disability Management Institute

When your employees face mental health challenges, our expert early intervention and rehabilitation teams work with those employees to get them treatment so they can safely return to work.

Practical information to maintain a balanced and healthy lifestyle, delivered right to your inbox

Living Well e-Newsletter

All GroupHEALTH members receive our easily digestible newsletter with curated content which covers mental and physical health topics, framed practically to address whole health.

ADDITIONAL TOOLS WE OFFER, BUT DON'T COME STANDARD

Skip the pharmacy lines— put medication on autopilot

Prescription Drug Solutions

Mental health treatment can sometimes involve prescription medication; GroupHEALTH makes it easy to receive this medication delivered regularly, direct to plan members.

More ways to support your staff

LifeWorks' Employer Services

LifeWorks offers optional services for employers to help with employees' mental health including crisis counselling, performance management monitored referrals, and preventing workplace conflict.

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