

It's okay not to be okay



You have access to mental health support

Through WeCare, you can access up to 10 sessions with a team of psychologists, psychotherapists and counsellors*. They can help give you a better understanding of your mental health condition, identify any treatment you need and help you on your road to recovery.

*All employees and their immediate family members receive up to 10 personalised counselling sessions (18+), per issue experienced or a 90 minute session for those under 18.

How to access

 **0800 917 9330**

- 1 Download the '**WeCare Programme App**' or visit wecare-cl.com



- 2 Register using the access code
- 3 Complete a quick online ID check to access the services

These services are non-contractual benefits provided through Canada Life and can be altered or withdrawn at any time.

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GRP2621-222R

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