



people
CORPORATION®

People Connect

Mental health is a growing issue worldwide.

1 in 5 Canadians will experience a mental health issue this year¹

Every week **500,000 Canadians** will miss work because of mental health issues¹

Worldwide, 75% of those suffering with mental illness won't receive any treatment at all.

We have partnered with People Corporation to offer People Connect mental health resource centre.

Need mental health support?

People Connect provides:

- Online video therapy sessions
- Support for depression and anxiety
- Treatment for mental health issues
- A detailed mental health risk assessment
- Access for your therapist to a psychiatrist as needed
- Specialized articles and videos for people leaders and managers

You may be eligible to use your group benefit coverage. To find out more speak with your plan administrator.

¹CMHA

Visit pcpeopleconnect.com/IntegratedSolutions to learn more.