

# Mental health support for employees

## Health Guides on Lumino Health

This resource is available to all plan members, even those who do not have SunLife benefit plans

There are 6 Health & Wellness Guides on Lumino Health:

**Fitness Guide:** Looking to start exercising? Our guide includes tips and information from fitness experts to help you as you work towards a healthier lifestyle.

**Healthy Eating Guide:** Looking to improve your eating habits? Our guide provides helpful tips and information from nutrition experts to help you as you work towards a healthier lifestyle.

**Healthy at Home Guide:** Spending more time at home because of COVID-19? Our guide provides helpful tips and resources to help you and your family maintain a healthy lifestyle at home.

**Stress and Anxiety Guide:** Feeling stressed or anxious? Our guide can help you understand why and give you tips to feel better. Maybe you're supporting a loved one through a stressful time – we can help with that too.

**Virtual Care Guide:** Believe it or not, you can get quality health care without leaving home. Physiotherapists, psychologists and other health-care providers are embracing virtual appointments. Learn how to make the most of your digital options.

**Caregiver Guide - Caring for Older Adults:** Caregiving is a tough job. But there is help. Learn how to navigate challenging decisions when caring for your loved ones, where to find support – and how to care for yourself, too.

## Mental Health Navigator by Teladoc Health\*

If you or a loved one is facing depression, anxiety, or a related condition and feel like your current treatment plan isn't working or your condition isn't improving, Best Doctors by Teladoc Health can help. Mental Health Navigator offers expert evaluation of mental health conditions and navigational support.

### Mental Health Navigator resources:

Contact 1-877-419-2378 or visit them [online](#).



## Tip sheets for employees

[Suicide awareness resources](#)

## Connect

310.MUNI ■ [benefits@abmunis.ca](mailto:benefits@abmunis.ca) ■ [abmunis.ca](http://abmunis.ca)

\*Availability of resources is based on your personal Benefits plan

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## Free Public Resources

### [Bounce Back®](#)

BounceBack® is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.

### [My Anxiety Plan \(MAP\) Canada](#)

My Anxiety Plan (MAP) is an anxiety management program based on cognitive-behavioural therapy (CBT). CBT is an evidence-based psychological treatment that was developed through decades of scientific research and has been shown to be one of the most effective treatments for anxiety problems. MAP is designed to provide adults struggling with anxiety with practical strategies and tools to manage anxiety. MAP includes 6 easy to navigate units with 45 lessons.

### [Help in tough times](#)

Free, virtual AHS workshops help identify and transform stress.

### [Government of Canada resources](#)

### [Kids Help Phone](#)



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