

Health Solutions

People Connect

Our Mental Health Resource Centre

People Connect is People Corporation's virtual mental health resource centre providing tools and services designed to support you and your family.

People Connect's core elements include:

- A comprehensive resource library with access to articles, videos, and audio recordings
- Access to a recognized (Diagnostic and Statistical Manual) mental health self-assessment tool
- Affordable access to individual* and couples counselling, booked in real time with a counsellor of choice
- Virtual psychiatric collaboration for cases requiring additional support.

*Your first session is a complimentary consultation with a counsellor to ensure you find the right fit. In this session you can discuss what has brought you to seek assistance and what you are looking for in counselling. The first appointment is always free until you find the right person.

Subsequent sessions are \$45 per 30 minutes (i.e. \$90 for a one hour session)



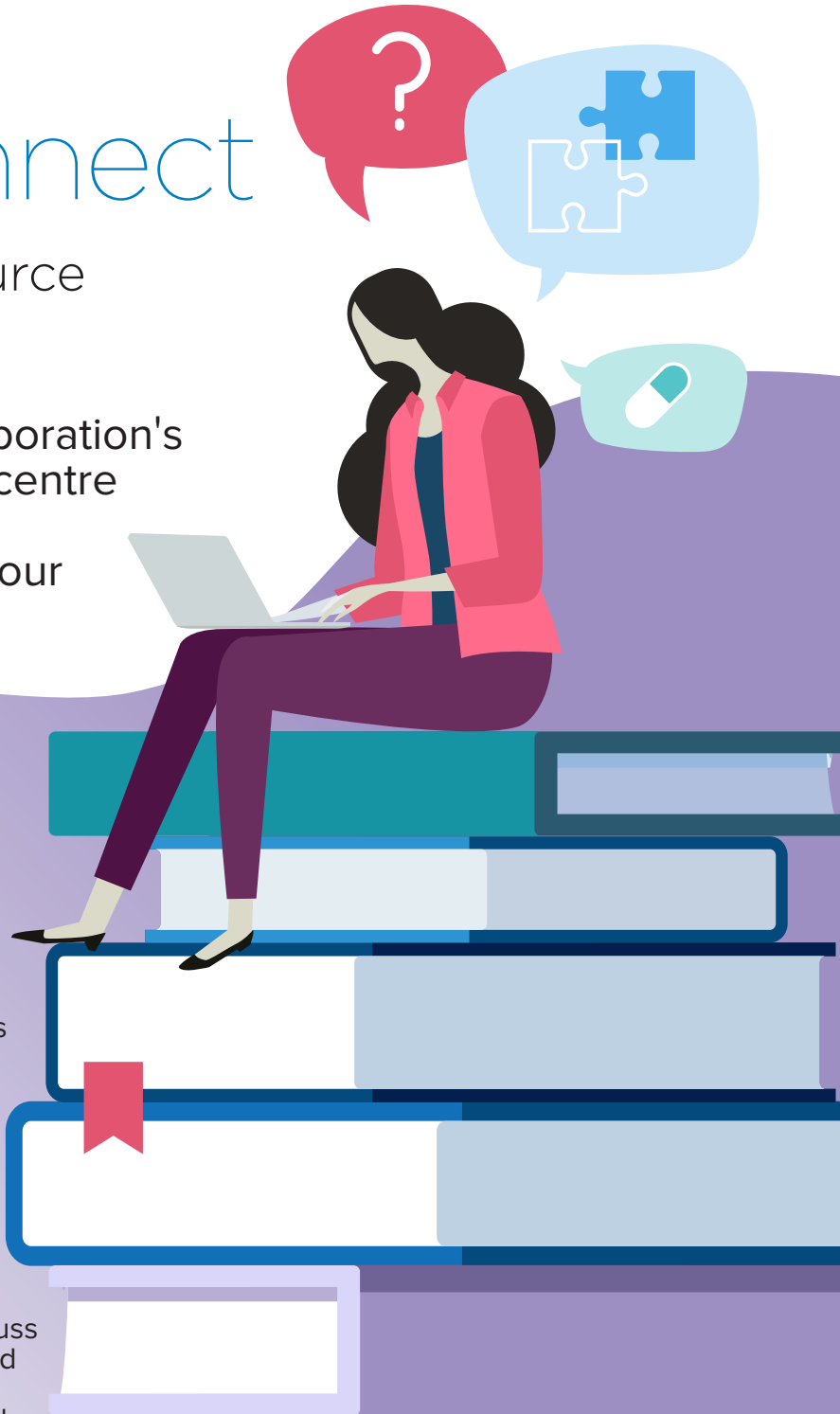
1 in 5 Canadians will experience a mental health condition this year



500,000 Canadians will miss work this week due to a mental health issue



Over 60% of employees want mental health programs



Immediate access

Log in for immediate access to all of the mental health tools and services at pcpeopleconnect.com or through your Coughlin member portal at www.coughlin.ca.



Log in with your local union or plan name.



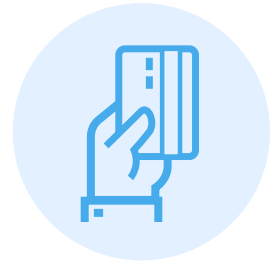
Read articles or watch videos.



Complete the mental health self-assessment.

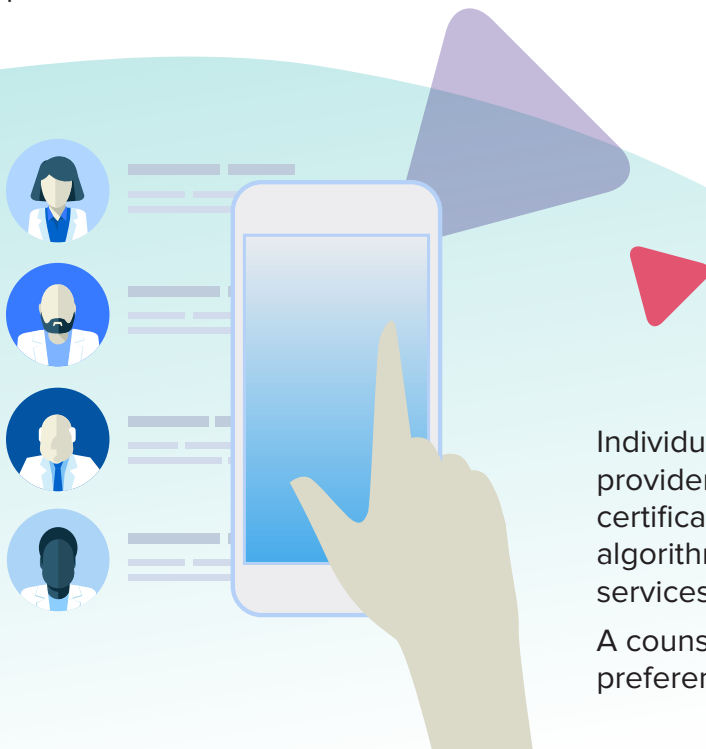


Connect with a counsellor of your choice. Share your assessment with the counsellor and receive consultation.



Use your paramedical benefits coverage to continue sessions with the counsellor.

Pay the counsellor online with a credit card and remit your receipt easily to your plan administrator or Coughlin for all additional sessions.



Individuals often struggle to find or choose a qualified provider. It can be difficult to differentiate between different certifications and types of counsellors. Our unique algorithm helps match you to a counsellor who offers services that are covered by your insurance plan.

A counsellor shortlist is generated based on your needs, preferences, care provider effectiveness and availability.

Manage the challenge of mental health

Easy-to-access digital platform with educational materials and virtual real-time counselling

First session included at no cost

Subsequent sessions are \$45 per 30 minutes

