

## 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.



**Each year, 1 in 5 Canadians experience a mental health issue<sup>1</sup>**

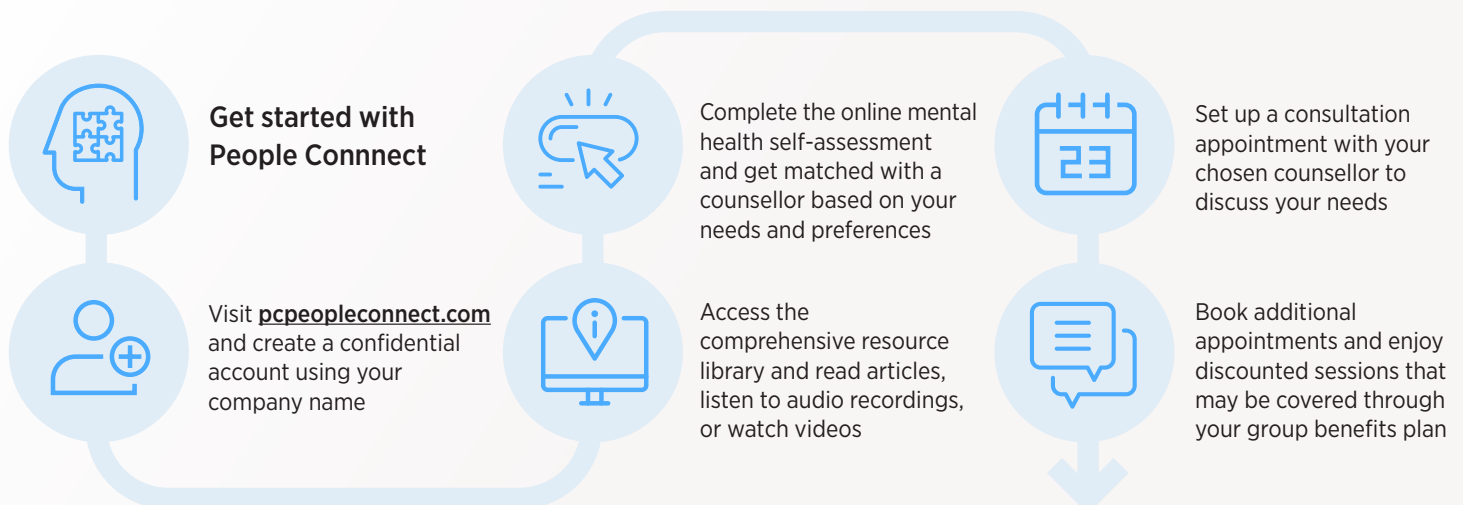
**75% of Canadians don't get the mental health treatment they need<sup>1</sup>**

**More than 500,000 Canadians miss work every week due to mental health issues<sup>1</sup>**

People Connect's core elements include:

- Convenient and accessible mental health support for you and your eligible dependants
- A comprehensive resource library with access to articles, videos, and audio recordings
- Access to a recognized mental health self-assessment tool
- Affordable access to mental health care and treatment\*, booked in real time with a counsellor of choice
- Virtual psychiatric collaboration for cases requiring additional support

\*You may have coverage through your group benefits plan. Contact your plan administrator for more information.



For more information, contact People Corporation at [peopleconnect@peoplecorporation.com](mailto:peopleconnect@peoplecorporation.com)