



# How to Access Individual, Couples and Children's Mental Health Support

Confidential in-person or virtual therapy and mental health support for you and your family from wherever you are. We match you with a qualified therapist, whenever you need to talk.



## Counselling

### Individual Counselling

Access one-to-one therapy sessions with a therapist based on the results of our matching questionnaire.

### Couples Counselling

Book couples therapy sessions with a therapist who specializes in relationships.



## Children's Mental Health Support

Created for children aged 5+, our unique game-based program teaches age-appropriate coping skills and Cognitive Behavioural Therapy (CBT) principles. In partnership with Mightier, this fun children's program blends digital gaming with off-screen activities to reinforce learning through play.

### How to register on GreenShield+:

1. Scan the QR code below or go to [greenshieldplus.ca](https://greenshieldplus.ca)
2. Sign in to your GreenShield+ account
3. Follow the instructions



Having trouble? Get answers to your questions using Care Navigation within GreenShield+.



Sign in to your GreenShield+ account to access all your services.

[greenshield.ca](https://greenshield.ca)  
Organization Code:

