



Offered to you through



**Desjardins**

**Insurance**

Life • Health • Retirement



**24/7 mental health and  
wellbeing support** with your  
manager assistance program.

1-877-455-3561

## 4 hours of free, confidential, mental health support per referred employee, per year, for needs such as:

- Stress, anxiety and exhaustion
- Addiction
- Marital or family problems
- Grief
- Difficulties at work
- Self-assertion

Consultation by phone or virtually

[desjardinslifeinsurance.com/map](https://desjardinslifeinsurance.com/map)

Desjardins Insurance refers to Desjardins Financial Security Life Assurance Company. Desjardins®, Desjardins Insurance™ and related trademarks are trademarks of the Fédération des caisses Desjardins du Québec used under licence by Desjardins Financial Security Life Assurance Company. 200, rue des Commandeurs, Lévis (QC) G6V 6R2 / 1-866-647-5013 [desjardinslifeinsurance.com](https://desjardinslifeinsurance.com)