

# HELPFUL RESOURCES FOR MENTAL WELL-BEING AVAILABLE TO ALL\* ASSOCIATES

\* some Associate classification restrictions and enrollment deadlines apply



Download the WellCan app today to get free mental health resources and tools to help maintain good mental, physical, social and financial health during the COVID-19 pandemic. **Stay updated with Health Canada's official News Feed.**

Available to all Canadian citizens and residents to resources that can help them adapt to stressful situations and proactive public health recommendations to the spread of COVID-19. Offered in both English & French. Free to share with family members!

[Download on the App store](#)  
[Get it on Google Play](#)

workhealthlife



The Employee & Family Assistance Program (EFAP) that provides you and your family with immediate and confidential support to help:

- Emotional Health
- Home Life
- Financial & Legal Assistance

Ready to start? You can login or search for your organization for faster access to your resources and tools.

Visit: [www.workhealthlife.com](http://www.workhealthlife.com)  
or call directly at [1.844.880.9137](tel:18448809137)

SilverCloud



**Available through 6/30.\***

Simple-to-follow activities and tools to manage emotions. Learn how to cope while practicing how to relax and stay hopeful.

\* Access to this program is available at no charge through June 30, 2020.

Visit: [carenow.silvercloudhealth.com/signup](http://carenow.silvercloudhealth.com/signup)

Your PIN: C@re2020!



headspace



Explore this collection of meditation sessions called **"Weathering the Storm,"** which includes guided meditations and more.



Scan these QR codes to go to a Spanish video or language setting instructions to access **headspace** in Spanish, French, and a few other languages.



AEO

WELL-BEING

If you have questions or need assistance, please contact the AEO Canadian Benefits Department at [CanadianBenefits@ae.com](mailto:CanadianBenefits@ae.com).