

Keeping a finger on the pulse of your total wellbeing



Supporting others through life's challenges

Whether a significant loss, a mental health concern or a physical health issue, it's natural to want to help and support those around you. Discover ways to be supportive of others, while respecting your limits.



Supporting a loved one with a chronic condition

Studies reveal that people who have chronic conditions adjust better when they have a network of people behind them. It is possible to help your family member and meet your needs too.

[Read more](#)



What to say when a friend or loved one loses a pregnancy

It can be difficult for friends and relatives to know how best to be sensitive to a loss and be supportive. Here are some suggestions on how to show support.

[Read more](#)

Exclusive for Registered Users



When someone you love is diagnosed with a terminal illness

[Access at Support & Resources](#)

Top Pick of the Month



The value of online communities for mental health support

[Access at Support & Resources](#)

Big brands, huge savings with Perks

Enjoy exclusive offers on brands that support your wellbeing like 1800Flowers.ca, Calm, The Body Shop and many more.



[Access offers](#)

Your organization's program may not include Perks. If unable to access, review your workplace benefits or speak to your Human Resources contact.



More to explore this month

- You are invited to a virtual, interactive fireside chat with Dr. Nafeesa Jalal on March 8th @ 1 pm EST titled **Success and Sacrifice: Women Making Their Mark in the Workplace**. Join us in discussing the importance of women achieving great heights in their chosen professions, without sacrificing one's self and one's family. [Register now.](#)
- Check out our [CareNow Programs](#), a collection of comprehensive iCBT-based, virtual self-paced programs to help address wellbeing concerns. **CareNow Counsellor-Assisted** has the same flexibility but layers in the option to message a CareNow Counsellor for additional support. Access these services within the [Feel Supported](#) section of the platform.

We support your total wellbeing. We're here 24/7 for confidential advice and support by app, web, and phone.

Your organization's program may not include all services and features. To learn more, please log in with your account and review your workplace benefits. Or speak to your Human Resources contact.

