



INSULATORS LOCAL 95 BENEFIT FUND



mHealth

Virtual Mental Healthcare



Effective **FEBRUARY 1, 2024**, Insulators Local 95 Members and their eligible dependents now have an easy-to-access digital platform with virtual real-time therapy.

If you struggle with stress, depression, anxiety or any other type of mental health issue, you're not alone.

Our mHealth Virtual Mental Healthcare platform can help assess any mental health issues you may have and provide therapy and support:

- It is designed for adults over the age of 17
- You can use the tool from the comfort of your own home on your computer or handheld device
- Your responses will be confidential and secure
- Results can be downloaded and shared with your primary care physician or mental health counsellors

The online platform provides rapid access to your existing Cognitive Behavioral Therapy Program with a psychologist for a range of psychological conditions including **anxiety, addiction, depression, stress and substance abuse**.

This confidential evidence-based treatment has been designed with a strong focus on getting better and living a healthier life. If more intensive therapy or psychiatric intervention is needed, further support can be facilitated.

Please note: Specific cases will require in person counselling at the discretion of our healthcare provider. **This service is not for emergencies** — for emergencies, please call 911 or go to the nearest emergency room.

To begin your registration process, go to www.bpamhealth.com and follow the steps to register and to download the App.



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MEET LIFE'S CHALLENGE HEAD ON WITH THE HELP OF THESE RESOURCES

MENTAL HEALTH ASSESSMENT TOOL

While no automated tool can replace the opinion of a medical professional, this assessment tool can offer valuable insight into any mental health issues you may be experiencing, along with suggestions on helpful steps you can take to improve your mental wellbeing.

MENTAL HEALTH KNOWLEDGE FORUM AND LIBRARY

You will find helpful articles and a variety of resources on topics like stress management, work/life balance, mindfulness meditation and more, as well as strategies for managing anxiety, mood disorders and living a healthy, well-balanced life.

VIRTUAL MENTAL HEALTH PROGRAM

This program gives members access to professional mental health support in the form of Cognitive Behavioural Therapy, also known as CBT.

CBT is a short-term therapy that offers long-term benefits with respect to a range of psychological conditions including but not limited to anxiety, depression, stress, and panic disorders.

Get the support you need to return to work feeling healthier, happier, and emotionally stronger by participating in digital therapy sessions from the comfort and privacy of your home.

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