

# Your mental health matters.

SafeCareBC eligible members now have access to **Mental Health On Demand:**

- **24/7/365 phone access** to mental health clinicians
- **Match** with the **perfect therapist** via **free 15 minute consults**
- **Complimentary 1 hour virtual therapy session**, followed by \$90/hr sessions
- **Self-led iCBT program** effective for anxiety/depression
- **Secure and Confidential**

Please note that this program is not suitable for mental health emergencies or crisis. Contact your HR team if you have any questions about access or eligibility for this program.



- 1. Scan this QR code to create your account**
- 2. Use organization code “safecarebc”**
- 3. Get started!**