Health Resources

Don’t forget: The month of May is World Mental Health Month – take some time to better understand what this means!

Locate the Health Resources page on Canada Life’s Workplace Strategies for Mental Health* site today to find tools and resources for managing your own health and wellness, as well as information for helping others. The page includes sections on:

• Where to access mental health information and services;
• How to connect to others with similar experiences;
• Improving your mental health;
• Addressing post-partum depression; and
• Much, much more.

*Workplace Strategies for Mental Health is found through My Canada Life at Work. Access your profile through the My Canada Life at Work site today.