

Life can be challenging to navigate.



Finding the right support doesn't need to be.

Get personalized and convenient support for healthier living with our Employee and Family Assistance Program (EFAP) by GreenShield Health.



Mental Health Counselling

Confidential virtual therapy from wherever you are. We match you with a qualified therapist whenever you need to talk.

- Individual Counselling
- Couples Counselling

Work, Health and Life Services

We know it takes more than just therapy to live and stay well. Our registered nurses, dietitians, coaches and trained professionals are here to help you navigate all aspects of life and achieve your personal goals.

- Work and Career
- Health and Nutrition
- Legal and Financial
- Life Transitions

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GreenShield means, collectively, Green Shield Canada (GSC), Green Shield Association, and Green Shield Holdings Inc., which houses health services and benefits administration businesses, including Green Shield Health Inc. and Green Shield Administration Inc.



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greenshield.ca
Organization Code:

