

Your journey to healthier living is just a few clicks away.



Get the right care. Without the wait. Anytime anywhere.



The Employee and Family Assistance Program (EFAP) by GreenShield Health is here to help you and your dependents with comprehensive and personalized wellbeing support from our diverse network of care providers.

Access a wide range of treatment options based on your mental health and life goals through GreenShield+.



Log into your GS+ account
to access all your services.

greenshield.ca
Organization Code:





How to Access Individual and Couples Counselling Support

This program is completely confidential, voluntary, and accessible whenever you need it. Make your first secure and encrypted online counselling appointment within 24-72 hours.



How to register on GreenShield+:

1. Scan the QR code below or go to app.greenshieldplus.ca
2. Follow the instructions

Having trouble? Find help in our support centre at greenshieldplus.zendesk.com



If you need further assistance, please call our support team at 1-866-424-0770 or email us at support@greenshield.ca



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Booking Future Sessions



Are you happy with your counsellor?

Yes

- Book your next appointment by clicking on your Counselling dashboard on GS+.

Are you happy with your counsellor?

No

- Click on your counsellor and select Unmatch.
- Reselect from the list of possible counsellor matches or do the assessment again. You will have another complementary consultation session with your new counsellor. Continue until you find your ideal match.



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How to Access Work, Health and Life Services

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. This includes access to career advice, health coaching support with transitions like pregnancy, help navigating legal issues, financial coaching and more!

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