



TEAMSTERS

LOCAL UNION 879 – ONTARIO TEAMSTERS BENEFIT FUND



mHealth Mental Healthcare



According to the Mental Health Commission approximately one in five Canadians will face a mental health challenge over the course of their lifetime.

We help address these challenges by offering an easy-to-access digital platform with virtual real-time therapy.

Our mHealth Confidential Mental Healthcare program can help assess any mental health issues you may have and provide therapy and support. 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.

The program provides rapid access to Cognitive Behavioral Therapy 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.

How it works:

Cognitive Behavioral Therapy (CBT) is a short-term therapy with long term benefits that is focused on providing individuals with skills to help manage their emotions, thoughts and behaviours. CBT can help individuals change how they think and what they do.

CBT focuses on the “here and now” problems instead of focusing on the “root causes” of distress or symptoms, which may have originated in the distant past.

CBT uses a skills-oriented approach to problem solving that will help members find ways to improve their state of mind, and develop techniques to avoid problems in the future.

Contact your union representative to find out more.

Teamsters Local Union 879 – Ontario Teamsters Benefit Fund

90 Burnhamthorpe Road West, Suite 300, Mississauga, Ontario L5B 3C3 | Phone 1-800-867-5615 | Email administration@bpagroup.com

Local Union 879: Stoney Creek Local Union Office | Toll Free: 1-800-528-8879 | Fax: 905-545-4633 | Email: info@teamsters879.ca
Area Offices | London 519-455-5180 | Niagara 1-800-528-8879 | Windsor 519-944-9880