

A woman with glasses and a grey sweater is sitting on a bed with white linens. She is smiling and looking at a laptop. She is holding a white mug with a black pattern. The background is floral wallpaper with pink and purple flowers.

**You may need to stay inside,
but your feelings don't.**

Call us for telehealth counselling services

Being in isolation does not mean you need to be alone. Our professional psychologists are available to talk with you over internet teleconferencing to assist with:

- Anxiety
- Depression
- Drug & alcohol use
- Eating disorders
- Grief & loss
- Parenting
- Relationship issues
- Self-esteem issues
- Stress

[engage]

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