

The Mental Health Coach, provided by CloudMD is a new addition to your benefits plan



A Coach can help in many situations, such as when you're:



Finding work/life
balance a struggle



Feeling down and not yourself, but
unsure of what to do



Anxious about life, and
what the future holds

All of the Mental Health Coaches are licensed health-care professionals. They can help guide you, with recommendations that work for you.

It's easy to connect to a Coach – and there's no commitment and no charge.

Learn more today at sunlife.ca/mentalhealthcoach

Life's brighter under the sun