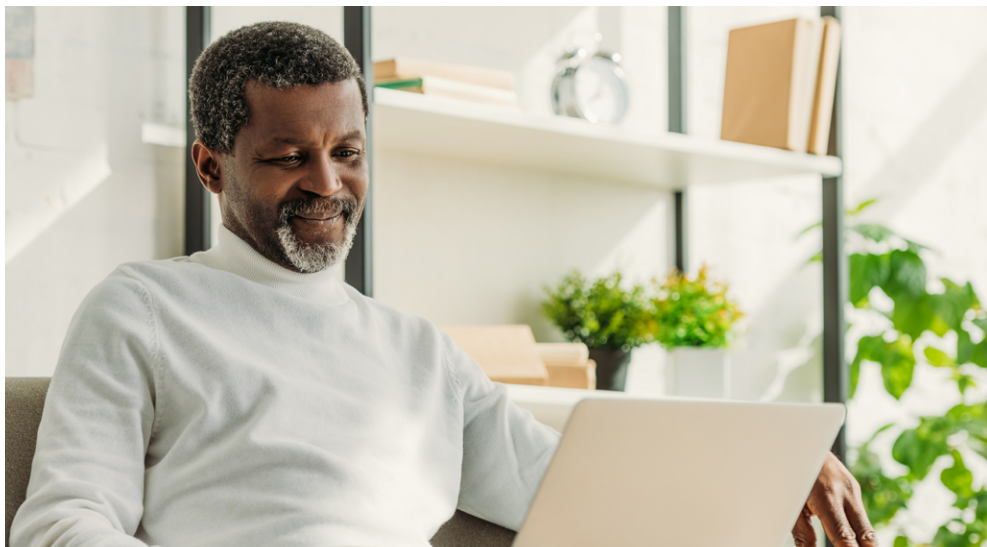


# Get proactive about your mental health



Are you:



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?

If you answered yes to any of these, a Mental Health Coach can help. There's no commitment and no charge. All Coaches are licensed health-care professionals.

Visit [sunlife.ca/mentalhealthcoach](https://sunlife.ca/mentalhealthcoach)

Life's brighter under the sun

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