

Sun Life Real Health Solutions

powered by Lumino Health



A focus on mental health solutions

Mental health is one of the key health issues of our time. With 59% of working Canadians reporting that they've experienced a mental health issue, and mental health problems behind 30% of LTD claims, the time to act is now.

Employers have the opportunity and responsibility to proactively provide mental health support to their employees. Workplace mental health solutions should address:



We can help your employees across the mental health continuum, whether they're:



Healthy and
at work



Experiencing
symptoms



Recovering and planning for
a sustained return to work



Life's brighter under the sun

Sun Life Assurance Company of Canada is the insurer of this product, and is a member of the Sun Life group of companies.





Our suite of solutions

For employers and people leaders:

- **Mental health strategy toolkit**, a practical guide to help you develop the fundamentals of a mental health strategy.
- **Organizational assessments**, including our proprietary Workplace Mental Health Risk Assessment.
- **Manager mental health training**, including free online e-modules
- **Guide to workplace mental health** that provides an overview of the responsibilities we each have in nurturing and protecting employee mental health.

For employees:

- **Peer support programs**, where co-workers with a shared experience of mental health issues connect in informal, confidential meetings
- **In-plan solutions**, including online Cognitive Behavioural Therapy (CBT), Best Doctors Mental Health Navigator, RightDirections Employee Assistance Program and more.
- A robust **Disability Management toolkit** that includes rehabilitation consultants and mental health experts to consult on complex cases. Overall, our approach helps those on disability recover faster with a sustainable return to work.

We're committed to helping our Clients improve mental health in their workplaces. And we're calling on leaders to make it a priority.

Talk to your Sun Life Group Benefits representative today on how we can help you create a mentally healthy workplace.

Learn more at sunlife.ca/workplacementalhealth