

Support When You Need It Most

Your mental health
matters every day of
the year.



Canopy offers you and **your family members** access to **free** and **confidential** counseling services. **We're here to support** you—anytime, anywhere.

Appointments are available in-person, on the phone or virtually for concerns such as:

- Marital & Family
- Anxiety & Stress
- Grief & Loss
- Depression
- Workplace Conflict
- Coping with Trauma
- Sleep Issues
- Substance Misuse
- Relationships



**Get the Help You Need
24/7/365**

**Crisis Counselors
are available by
phone 24/7/365**