



inConfidence

March feature – Finding Help

It can be hard to ask for help. And sometimes, when you have a question or problem, it can be difficult to know where to turn to find the help you need.

You may not be aware of all the ways that **inConfidence** can support you and your family through life's ups and downs. Whether you're facing a personal challenge or an exciting opportunity, we can help you talk through your issues and make positive choices and changes in your life. Our caring, professional consultants are available 24/7 to listen, offer advice and guidance, and recommend resources.

You can also log in any time to www.myinconfidence.ca to discover [self-assessments](#), [toolkits](#), and core wellness tools that can help you [quit smoking](#), [deal with stress](#), and even [manage symptoms of depression](#). This month, you can also:

- Listen to a **NEW** podcast, [Finding a Counsellor, Therapist, or Coach](#).
- Learn to relax with the tips, articles, and guided exercises in our **NEW** [Mindfulness Toolkit](#).
- Explore the [Life Changes](#) section designed to support you through transitions, from having a baby to adjusting to a new job, to taking care of older relatives.

Call inConfidence toll-free, any time: 1-877-418-2181

TTY: 1-877-371-9978

**You can also visit www.myinconfidence.ca
(username: NLMA; password: inconfidence).**

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