



inConfidence

July feature – Mental Health at Work

Millions of Canadians suffer from feelings of stress, as well as depression or anxiety. These feelings can affect work, relationships, and well-being. If you or someone you care about is feeling stressed about work, money, a relationship issue, or a personal concern, or if you think you may be experiencing symptoms of depression or another mental health issue, **inConfidence** can help.

Contact **inConfidence** any time, 24/7, to speak with a caring, professional consultant for support and resources. You can also log in any time to www.myinconfidence.ca to take brief self-assessments: [What's Your Stress Level?](#) and [Are You Experiencing Symptoms of Depression?](#), and to access a wealth of articles and tools. This month, we're featuring:

- A **NEW** podcast, [Getting Help for Depression](#).
- A toolkit, [Mini Exercises to Help Reduce Stress](#): Includes brief guided exercises led by well-known experts which you can practice at work, home, or on the go on your mobile device.
- Articles: [Choosing a Counsellor or Therapist](#), [Stress and Depression at Work](#), [Are You Using Drugs or Alcohol to Cope with Depression or Anxiety?](#)
- Full-length recordings, [BREATHE – Managing Stress](#), and [When Someone You Love is Depressed](#).
- An online training, [Understanding Stress, Increasing Resiliency](#), and our online [Depression Centre](#) featuring a 16-session Cognitive Behaviour Therapy (CBT) program to help individuals manage depression symptoms.

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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