



inConfidence

## June feature – How inConfidence Can Help

Did you know that **inConfidence** can help you talk through a personal or work conflict to find solutions? Assist you in finding childcare? Help you more effectively manage symptoms of stress, work with you to reach a financial goal, or prepare for retirement? We can even help you better understand your rights as a renter.

**Log in to the program website to learn about the many ways we can help.** This month, see the feature on our homepage for links to articles, infographics, toolkits, and our new podcast, “Sleep Health Tips.” Dr. Colleen Carney, a leading expert on insomnia and coauthor of *Good Night Mind*, shares research-based tips on how to relax, calm your mind, and get a good night’s sleep.

**You can also contact us toll-free**, any time, for support, advice, resources, and referrals from a qualified program consultant.

**inConfidence** is here for you, day and night, 24/7, whenever you need us.

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

**TTY: 1-877-371-9978**

**Online: [www.myinconfidence.ca](http://www.myinconfidence.ca)**

**(username: NLMA; password: inconfidence).**

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