



December Feature

Give Back This Holiday Season

Volunteering benefits everyone, including the volunteers themselves. Take some time out of your busy holiday schedule and give back to your community. Check out our [Giving Back Infographic](#) for more tips on contributing your time.

Helping people with various life experiences will not only help your mental well-being by improving your emotional health and lowering your stress levels, it will also help you develop a more inclusive world view and sense of purpose in life. For more information on how volunteering can help your well-being, read our article on [Tips on Leading a Longer and Healthier Life](#).

Online: www.myinconfidence.ca

Username: NLMA Password: inconfidence

Call inConfidence, toll-free, 24/7: 1-877-418-2181

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Search the platform any time for helpful resources related to this topic.

Download the “LifeWorks” app!



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