

Stepped Care

The right mental health supports when you need them.

Johnston Group and its partners work together to support whole-person care for Chambers Plan members. It's a comprehensive approach for a continuum of care that helps you be your best self.



Stable support when your mental health journey requires coverage for prescription drugs, counselling, or disability.



Have your current mental health diagnosis and treatment plan reviewed by dedicated experts who will guide and support you.



An Employee Assistance Program with one-on-one support, so you'll feel like your best self again, sooner.



The personalized digital mental health program with self-guided activities to help with anxiety, sleep issues, depression and more.



A self-guided digital program to help you measure, build, and maintain authentic social connections.



Easy online claims, benefits management, and access to wellness tools to support your whole-person care journey 24/7.

There are good days, and bad days, and there can be hard days. With Chambers Plan, you can take whatever steps you need, when you need them, to support your mental health.



For more information, visit chamberplan.ca