



# Feeling unsteady?

Lean on us.

With Arcora's mental health counselling supports, you and your family can expect:

- Accessible, inclusive sessions delivered by a top-tier counsellor matched to meet your needs
- Sessions available in person, virtually or by phone to address a wide range of concerns, including:
  - Personal and relationship counselling
  - Anxiety and depression
  - Family challenges
  - Work-related challenges
  - Addiction and dependency concerns

Get in touch today for free, confidential and professional support.

**ARCORA**

 **Chambers Plan**  
Employee Benefits

1-877-412-7483

