



Overwhelmed?



Working Through It is a resource that can help you to feel better and cope more effectively.

Access this free resource at www.workplacestrategiesformentalhealth.com/wti



mooddisorders.on.ca



Great-West Life
Centre for
Mental Health
in the Workplace

mental health
WORKS

mentalhealthworks.ca

Funded through The Great-West Life Assurance Company's national corporate citizenship program in support of the Great-West Life Centre for Mental Health in the Workplace.